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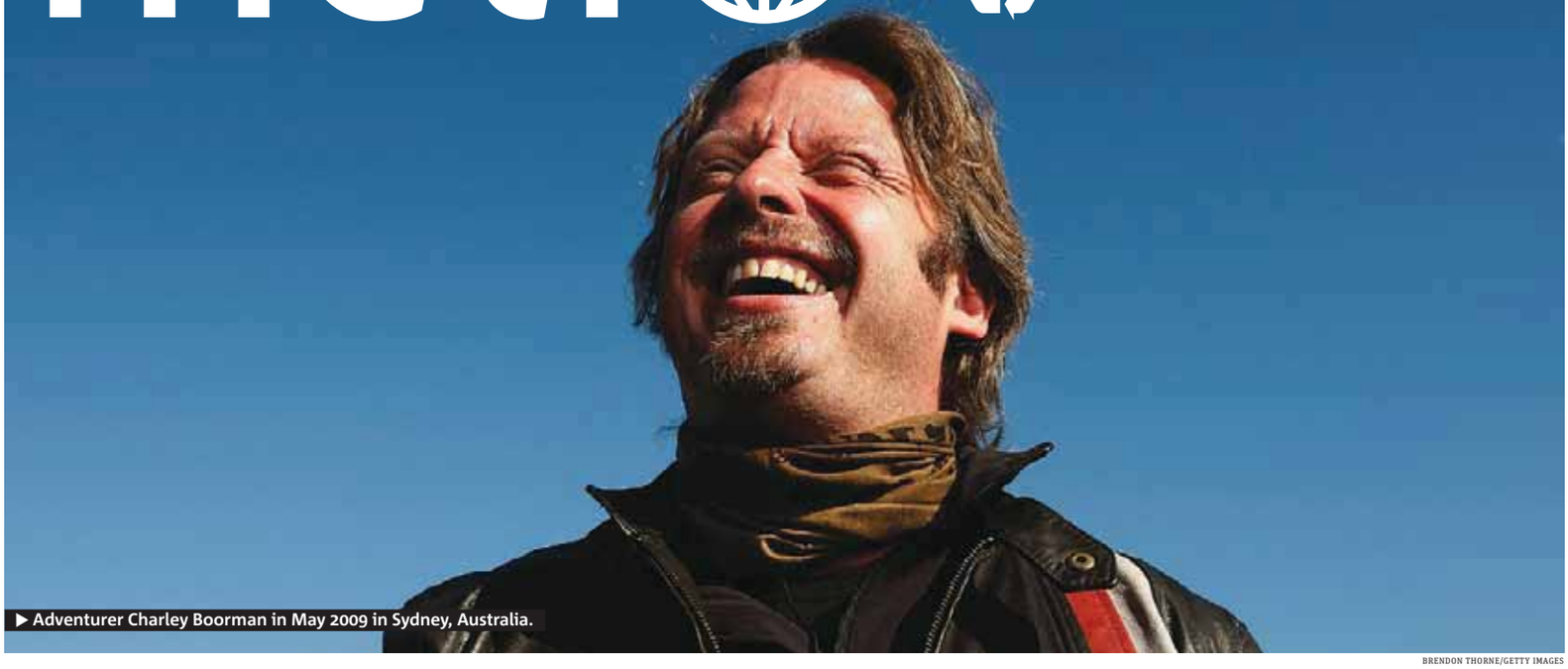

▶ Adventurer Charley Boorman in May 2009 in Sydney, Australia.

BRENDON THORNE/GETTY IMAGES

Taking the Canadian way around

Renowned explorer wraps up cross-country journey ◐ Canadians urged to take advantage of natural 'playground'

MATT KIELTYKA
@METRONEWS.CA

Adventures come in all sizes, big and small.

Charley Boorman's adventures happen to be of the gargantuan variety.

The English explorer — best known for his epic motorcycle journeys around the world with actor Ewan McGregor — has taken his insatiable lust for travel to the vast expanses of Canada, where he just wrapped up shooting for a new television show called Extreme Frontiers Canada.

The travelogue, airing first on the U.K.'s Channel 5, has Boorman pushing his personal boundaries as he travels across the True North.

"The premise of the show is to see the many frontiers in Canada, and (it) lets ... Charley do something out of his comfort zone while we're at it," he joked. "It's been real crazy. It's fun to push yourself."

Climbing up sheer cliffs, hopping on the back of a raging bull and cycling down a mountainside are just a few of the experiences that rattled the nerves of the renowned trekker.

"The one that really got me was mountain climbing. Being 3,000 metres up a cliff is something I've never done, so it was pretty extreme," said Boorman. "Here I am crawling along a ledge on my hands and knees — I couldn't force myself to stand — while my guide walks across as if it were just another Vancouver sidewalk. We're attached by a rope, so it looks a bit like he's walking a dog."

The fact that such thrilling outdoor experiences are literally in every Canadian's backyard astonished Boorman.

"We don't have that in Europe. You can't just drive out of town for an hour and have these kind of amazing experiences in the middle of nowhere," he said. "I think we're all a little guilty of not appreciating what we have, but it seems Canadians enjoy it more. It's staggering how much playground you guys have here."

Extreme Frontiers' producers are working on international television deals, so Canadians will soon be able to see their country through Boorman's eyes.

So how did the explorer cap his Canadian journey?

By taking the time to enjoy the view.

"It's pretty spectacular staring at the ocean," a content Boorman, sitting in a chair overlooking the Pacific Ocean in Tofino, said Monday evening. "The road heads down to the beach and Canada just disappears."

Sometimes, it's the small things that matter — no matter how grand the adventure.

Watch out: Cops warn of bogus $100 bills in Lower Mainland {page 3}

Spaces

Newest homes on the market

◐ Sneak a peek {pages 22-27}

Special feature

Make your own fun this summer

◐ Get creative {pages 28-31}

Politics

NDP caucus backs Turmel

◐ MP made leader {page 6}

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Prediction for the next major quake

A new study says the next major earthquake to hit the Pacific Northwest could strike below Washington State's Olympic Peninsula, south of Vancouver Island.

Professor Andy Calvert of Simon Fraser University, the lead author of the study, says a fault line between two tectonic plates in the Pacific Northwest is seven kilometres deeper than originally believed.

He says the fault line underneath Washington State is actually 27 to 42 kilometres, not 25 to 35 kilometres as previously believed.

THE CANADIAN PRESS

Woman is city's ninth homicide of the year

Vancouver recorded its ninth homicide after a woman believed to be in her 30s was found dead inside a suite Tuesday night. Her death marks the second murder in less than 24 hours.

Police went to check up on a woman living in the 100-block of West 13th Avenue after an acquaintance of the victim called to report not having heard from her for several days, said Vancouver Const. Lindsey Houghton. Officers entered the suite after getting no answer and found the woman's body.

PHYLICIA TORREVILLAS

PHYLICIA TORREVILLAS/FOR METRO

▶ Vancouver police Sgt. Jim Scott of the financial crime unit at the VPD headquarters on Cambie Street yesterday. Scott is warning the public about an influx of counterfeit bills in Metro Vancouver.

Bout against bogus bills

◗ Hundreds of fake bills seized throughout Lower Mainland ◗ Counterfeiters buying goods online with fake money, targeting young retail workers: Police

PHYLICIA TORREVILLAS
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Vancouver police are warning the public about a spike in circulation of counterfeit $100 bills after a slew of phony notes was seized throughout the Lower Mainland.

"In April of this year we started to see an influx of $100 bills that had a very good stripe on them, that for a person that wasn't trained in identifying counterfeit money could initially fool them," Sgt. Jim Scott of the financial crime unit said yesterday.

Police have seized 300 fake $100 bills in Vancouver, he added, and more than 500 throughout the Lower Mainland.

Scott said counterfeiters are using two methods to pass on the fake bills into the market, including buying small electronic goods online through craigslist and targeting young adults working in restaurants or fast food outlets who don't have the training in spotting the real thing.

The Better Business Bureau's Lynda Pasacreta said B.C. businesses should be in the habit of checking their bills during each transaction.

"Businesses don't need to invest hundreds of dollars in counterfeit-spotting equipment," she said. "They simply need to, in just a few minutes, train their employees."

Cpl. Johanne Noel of the RCMP commercial crime section said the source of the fake bills has not yet been determined, adding that phony currency could be manufactured in a hotel room with the use of an ink-jet printer or in a more elaborate way like in a big warehouse.

However, the Bank of Canada's Farid Salji said the new polymer bills going into circulation in the upcoming months will thwart counterfeiters because of its new security features.

"It's state-of-the-art, one of the best banknotes in the world," he said. "It's a combination of transparency and extremely complex holography."

Groups withdraw from inquiry

Two aboriginal groups have formally withdrawn from the upcoming Missing Women Inquiry as the provincial government stands firm on their decision not to provide legal aid to several organizations.

The Union of B.C. Indian Chiefs and the Carrier Sekani Tribal Council said the inquiry into the Robert Pickton serial killer investigation could have brought a "small but significant measure of justice" but its credibility is now in doubt.

"The decisions and sheer hypocrisy of the Christy Clark government have effectively slammed the door to this inquiry," a statement reads.

A coalition made up of Pivot Legal Society, B.C. Civil Liberties Association and Amnesty International have also threatened to pull out of the inquiry if commissioner Wally Oppal's request for funding for community groups is not fulfilled.

MATT KIELTYKA

JEFF HODSON/METRO FILE

▶ Wally Oppal

News in brief

Greens attack Smart Meters

The B.C. Green party is attacking plans to replace old power meters with new smart meters, primarily on the basis of health concerns over wireless technology. The party says smart metering plans should be cancelled in favour of a "smart grid." The party says that further research into alleged health effects of microwave radiation is needed.

DAVID PROCTOR

BC Place offers reno tours

PavCo is inviting the public to witness the preliminary results of $563-million in renovations to B.C. Place this Sunday. The public may enter the building through the west entrance between noon and 3 p.m.

DAVID PROCTOR

1 news

Restaurant owners are making a beeline for rooftop hives. Scan code for story.

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Adrenaline junkies can look down on Toronto from way up with CN Tower's EdgeWalk. Video at metronews.ca

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PHYLICIA TORREVILLAS/FOR METRO

▶ Construction started yesterday for English Bay bleachers that will seat 1,000 ticket-holders at the 2011 Celebration of Light.

Bleachers give bay a new view

1,000 ticket-holders to get prime viewing seats for Celebration of Light ◐ Early-bird tickets sell for $35

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Construction crews started installing bleachers yesterday on the English Bay waterfront for 1,000 ticket-holders who will be able to get some of the best views of the Celebration of Light extravaganza.

The bleachers are on the grassy area in front of the English Bay Bathhouse on Beach Avenue.

This will be a trial year for the paid seating, and it may be expanded next year, depending on its success, said Andrea Dowd-Dever of events company brand.Live.

80
Eighty per cent of seats for the first day have already been sold, said Andrea Dowd-Dever.

"Over 99 per cent of the beach is still available for public viewing in English Bay and over in Kits and Vanier (Park)," she said yesterday.

"This takes up less than one per cent of the available space in the beach."

Paying ticket-holders are also helping to fund the show, which draws 350,000 to 400,000 people.

They are looking to generate $25,000 to $30,000 a night to help offset some of the operational expenses.

The $35 early-bird tickets have already sold out, while full-price tickets are still available for $45.

This year's fireworks show begins on Saturday with China's presentation. That's followed by Spain on Tuesday and Canada on Aug. 6.

On the 14th floor, they grieved for Norway

DAVID PROCTOR/FOR METRO

▶ Lauren Butterfield signs the book of condolences as mother Linda and brother Erik watch.

Vancouver's modest Norwegian consulate can be difficult to find in its obscure location on the 14th floor of a Georgia Street office tower.

But Linda Butterfield didn't let that stop her from bringing her children, Erik and Lauren, to sign a book of condolences.

"It gives them exposure to the good and the bad sides of life and how to deal with these types of events," she said yesterday.

"Coming down and writing something shows there are ways to express feelings and share your sympathies in positive ways."

Linda and her children each left messages for the people of Norway, who continue to reel after the bombing of an Oslo government building and the subsequent gun massacre at a youth camp Friday that killed 76 people.

Butterfield was born in Norway and has family there, but she said: "I think we would still be touched by this event whether we had family there or not."

Jo Sletbak, minister-counsellor for the Norwegian embassy in Ottawa, agreed.

"Over the past three days, we've had six or seven hundred people at least signing the books out here, and many of them are Canadians," he said.

The book of condolences will be available to sign at the consulate again next Wednesday from 8:30 a.m. to 1 p.m.

DAVID PROCTOR

Dad held in boy's death

RCMP arrested a Vancouver Island father yesterday, following the death of a seven-year-old boy.

Police in Campbell River were called to a home at about 2:30 a.m. to help local ambulance personnel.

The boy was taken to hospital by ambulance, but he died of his injuries, police said.

THE CANADIAN PRESS

Kids in car shot pellet?

RCMP in Kelowna say a motorist reported someone in a passing vehicle pointed a gun and shot at him Tuesday.

Officers tracked the suspect car and discovered it was driven by a mom, with her five children, aged 11 to 16.

Three pellet guns, resembling real handguns, have been seized from the children.

CKQQ

B.C.-bound jet drama

An Air Canada flight bound for Vancouver was forced to return to Sydney airport on Thursday after crew members saw smoke coming from an oven in the galley, an airline official said.

No one on Flight AC34 was injured in the incident, which forced the pilot to dump fuel before safely landing the plane in Sydney, said an Air Canada's representative.

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Turmel gets NDP's vote

Rookie wins unanimous backing as interim leader Layton's choice

New Democrat MPs have unanimously backed rookie Quebec MP Nycole Turmel as interim leader.

The MPs have wrapped up a special caucus meeting to consider Turmel as a temporary replacement for ailing leader Jack Layton.

THE CANADIAN PRESS

▶ Nycole Turmel

"We have overwhelming, unanimous support for the recommendation that Nycole Turmel be our interim leader," said Libby Davies, Layton's deputy.

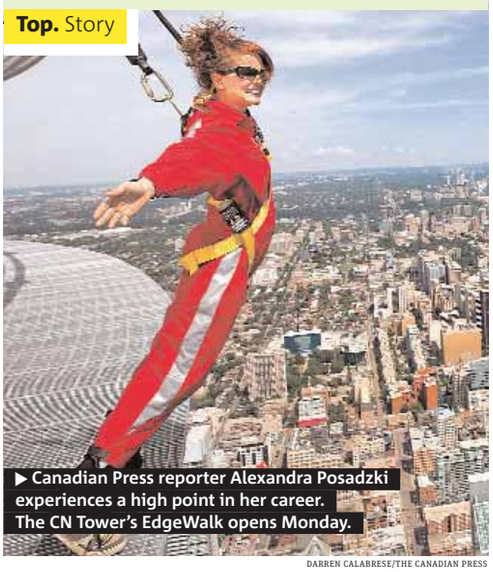
Layton recommended Turmel for the post on Monday, when he announced he would take a leave of absence while undergoing another round of cancer therapy.

Turmel, a former national union leader who is already chair of the caucus, thanked her fellow MPs for their support, but declined to answer questions until her position is confirmed by the party's national council.

Davies acknowledged the NDP faces a difficult situation with its best-known figure offstage, but she denied the party will be adrift without the charismatic Layton.

THE CANADIAN PRESS

Top. Story



▶ Canadian Press reporter Alexandra Posadzki experiences a high point in her career. The CN Tower's EdgeWalk opens Monday.

DARREN CALABRESE/THE CANADIAN PRESS

On the daredevil beat

Reporters are an intrepid bunch. They proved it yesterday at a media preview of the EdgeWalk attraction on Toronto's CN Tower. Hearts thumping, they were strapped in to a harness and negotiated a walkway 356 metres above the city. Now isn't this more fun than covering a council meeting?

T.O. mayor escapes cellphone charge

Toronto Mayor Rob Ford, pictured, won't be charged after acknowledging he was talking on his cellphone while driving, police said yesterday.

No charges have been pursued against other motorists who admitted after the fact to driving while talking on the phone and equal treatment will be given to the mayor, said Toronto police spokesperson Mark Pugash.

"There are some logistical problems with doing it after the fact, he added." Ford denies giving the finger to a woman who spotted him talking on his cellphone.

THE CANADIAN PRESS

Lost couple dead: courts

59 The family is holding a memorial service on Saturday on what would have been the couple's 59th wedding anniversary.

The courts have declared dead an Alberta couple who vanished more than a year ago.

Lyle and Marie McCann, in their 70s, were last seen gassing up their motorhome in St. Albert, just outside Edmonton, before a trip to B.C. The RV was found burned west of Edmonton, and an SUV they'd been hauling was discovered in bush.

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British irked by Libyan terrorist

Cancer-stricken Lockerbie bomber rallies for Gadhafi regime ◐ Rebels vow to fight during Ramadan

The Libyan man convicted in the 1988 Lockerbie bombing attended a pro-Gadhafi rally, and Libyan state TV images showing the bomber in a wheelchair in a crowd in Tripoli revived criticism in Britain yesterday of the decision to grant him early release on medical grounds.

Abdel Baset al-Megrahi's presence at Tuesday's rally appeared to be another sign of defiance by the embattled regime of Moammar Gadhafi, locked in a civil war with anti-government rebels for the past five months.

Al-Megrahi was convicted in the 1988 downing of a Pan Am plane that killed 270 people, most of them Americans, over Lockerbie, Scotland. He was released from a Scottish prison in 2009 after being diagnosed with prostate cancer, and at the time was given three months to live. Al-Megrahi returned to a hero's welcome in Libya later that year.

LIBYA STATE TV/THE ASSOCIATED PRESS

▶ Lockerbie bomber Abdel Baset al-Megrahi

Medical advice suggesting that al-Megrahi had only three months to live "was pretty much worthless," British Foreign Secretary William Hague told reporters yesterday.

The Libyan state TV footage, rebroadcast in Britain and elsewhere, shows al-Megrahi sitting in a wheelchair, wearing a white turban and what appears to be a blue medical mask tucked under his chin. He looks thin but attentive and is flanked by men in traditional Libyan tribal dress.

THE ASSOCIATED PRESS

U.K. expels Gadhafi's London diplomats

Britain has officially recognized Libya's main opposition group The National Transitional Council as the country's legitimate government, the U.K. foreign secretary William Hague said yesterday, announcing the expulsion of all diplomats loyal to Moammar Gadhafi's regime. The U.S. and 30 other nations also recently decided to back the same opposition group.

THE ASSOCIATED PRESS

91M

William Hague also said his country was unfreezing 91 million pounds ($150 million) of Libyan oil assets to help the National Transitional Council.

JENS DRESLING/THE ASSOCIATED PRESS

▶ Danish Prime Minister Lars Loekke Rasmussen speaks at a memorial service yesterday in Copenhagen.

EMBRACING TOLERANCE

'MAKE NORWAY MORE OPEN AND ACCEPTING'

Norway will never be the same after last week's bombing and mass shooting, but it shouldn't change the way the suspect wants it to, the prime minister said yesterday. He called on his country to react by not abandoning the culture of tolerance that Anders Behring Breivik said he was trying to destroy.

"The Norwegian response to violence is more democracy, more openness and greater political participation," Prime Minister Jens Stoltenberg said. Friday's bombing outside Stoltenberg's offices in Oslo and the shooting that followed at a youth Labor Party camp killed 76 people and battered the psyche of a nation that prides itself on openness.

THE ASSOCIATED PRESS

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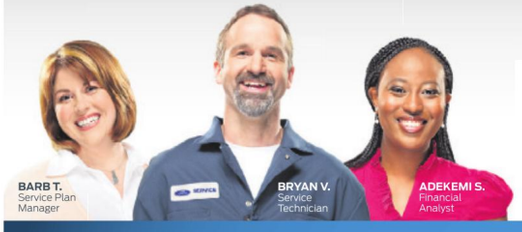

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By the numbers

7

Moldovan authorities say seven people have been charged with organ trafficking. The prosecutor's office said that they were part of an international network that harvested kidneys from 11 Moldovan citizens. It says poor Moldovans were persuaded to sell their kidneys for illegal transplants for $2,760 to $6,920. Moldova is one of Europe's poorest countries, with an average monthly salary of $190.

THE ASSOCIATED PRESS

12

After being arrested, strip-searched and held in jail for 12 days, Janet Goodin still has no idea how border guards mistook her motor oil for liquid heroin. Goodin, 66, is looking for an apology and financial compensation. She says she would like to sue the Canada Border Services Agency, but can't afford to. "I'm on a fixed income, so that's not possible," Goodin said. "An apology would be nice, and I would like to be able to pay back the relative that I borrowed money (for legal fees) from."

THE CANADIAN PRESS

1,500

Hundreds of people protested in the small kingdom of Swaziland over claims that poor governance by sub-Saharan Africa's sole monarch has led to a shortage of essential medical supplies and a failing economy. More than 500 people demonstrated in the capital yesterday while nearly 1,000 protested in the western town of Siteki. Protests were peaceful but heavily guarded.

THE ASSOCIATED PRESS

Heavy rains sweep Seoul

Landslides leave 36 dead, 620 homeless Dozens still missing

Walls of mud barrelling down a hill buried 10 college students sleeping in a resort cabin and flash floods submerged the streets and subway stations in Seoul, killing at least 36 people yesterday in South Korea's heaviest rains this year.

The students were engulfed by a landslide in Chuncheon, about 110 kilometres northeast of Seoul, said fire marshal Byun Insoo. A married couple and a convenience store owner also died.

In southern Seoul, 16 people died when mud crashed through homes at the foot of a mountain. The National Emergency Management Agency reported seven deaths due to flooding in a stream just south of the capital and said the toll was expected to rise as dozens of people were missing.

Fast-moving mudwaters filled the streets in Seoul, sending residents scrambling to the roofs of their partially submerged cars. Water filled some subway stations and spewed from sewers. TV images showed people in one flooded station using shovels, brooms and a wooden board in an effort to keep more rain from coming in. Internet and wireless connections failed in southern Seoul due to power failures.

The Seoul Metropolitan Police Agency issued a traffic emergency, mobilizing more officers to deal with the inclement weather.

Many citizens complained online that Seoul had neglected to prepare for the downpours.

THE ASSOCIATED PRESS

NEWSIS/THE ASSOCIATED PRESS

▶ Residents on a makeshift raft flee a flooded area in Gwangju, South Korea, yesterday.

Flooded city

- **Witnesses said the** landslide sounded like a massive explosion or a freight train.
- **About 670 firefighters,** soldiers, police and others rushed to rescue those trapped and extract the dead from the mud and wreckage in Chuncheon.

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Hardiest critters survive quake

Goldfish survived New Zealand disaster, 134 days without food before being rescued Owner 'astounded'

There were no Scooby snacks to eat — but at least they had each other for company.

Two goldfish, named Shaggy and Daphne after characters from the animated television show Scooby Doo, have become the smallest and hardiest survivors of the devastating February earthquake in Christchurch that killed 181 people.

The fish spent four and a half months — 134 days — trapped in their High Street office tank in the city's off-limits downtown without anyone to feed them or even any electricity to power their tank filter before they were discovered this month and rescued.

The fish looked dull in colour, but otherwise appeared fine, said Vicky Thornley, the office director, who had held the tank steady during the quake.

Hundreds of dogs, cats, roosters and other pets were rescued within the first two weeks of the quake.

THE ASSOCIATED PRESS

Survival tactics

So how did they do it?

- **Luckily for the fish,** they lived in a large 26-gallon (100-litre) tank. They had weed to munch through. And, according to Clarkson, the fish may have gleaned some nutrition from eating algae growing on the tank's rocks and walls. He said naturally growing bacteria may have helped keep the water clean enough to sustain life.
- **Then there's the delicate** question of their missing companions. There were six goldfish in the tank when the earthquake struck. By the time the survivors were found, no trace remained of three of the fish. A fourth was found floating in the tank. Goldfish are, after all, omnivores.

Heat wave. Russia

▶ A man jumps in a fountain in St. Petersburg yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

Great leap forward

The mercury hit 33 C in St. Petersburg, Russia, where even Soviet Vladimir Lenin might have approved of this leap to stay cool.

Tourists fume on Peru's magic trail

Hundreds of unticketed tourists have been turned away from Machu Picchu this week as Peru's famed Inca ruins reached capacity.

Angry tourists blocked a bridge for two hours Monday in the town of Aguas Calientes at the entrance to the ruins. That impeded buses that ferry visitors to the hilltop archaeological site.

ASSOCIATED PRESS

If you go

Remember your tickets.

- **Authorities established** the 2,500-person limit for Peru's main attraction as a conservation measure.
- **Tickets are available** online at machupicchu.gob.pe. The site is slow.

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BRITISH COLUMBIA

Harper salutes 'forgotten' war's vets

516 Canadians killed in 1950s conflict 58th anniversary

Scores of veterans, dignitaries and members of the public turned out yesterday for a parade and ceremony to remember the once "forgotten" Korean War.

Prime Minister Stephen Harper was among those on hand at the Korea Veterans National Wall of Remembrance in Brampton, Ont. for the 58th anniversary of the armistice that ended the bloody conflict.

"For too many years, Korea was called the 'forgotten' war," Harper said.

"But times are finally changing."

In all, 516 Canadian soldiers were killed in the conflict.

Another 1,100 others were wounded in five major battles.

Many of the Canadian dead are buried in Korea, prompting Harper to borrow from British war poet Rupert Brooke.

THE CANADIAN PRESS

"We may truly say that there is some corner of a foreign field that is forever Canada."

PRIME MINISTER STEPHEN HARPER

CHRIS YOUNG/THE CANADIAN PRESS

▶ Harper and veterans

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International News

Was it a bird or a dinosaur?

One of the world's most famous fossil creatures, widely considered the earliest known bird, is getting a rude present on the 150th birthday of its discovery: A new analysis suggests it isn't a bird at all.

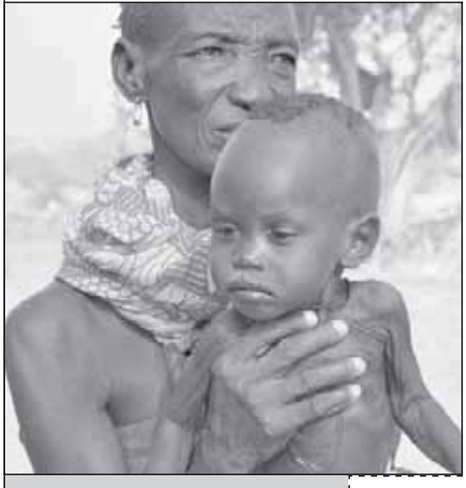
Chinese scientists are proposing a change to the evolutionary family tree that boots Archaeopteryx off the "bird" branch and onto a closely related branch of birdlike dinosaurs. Archaeopteryx was a crow-sized creature that lived about 150 million years ago. It had wings and feathers, but also quite unbirdlike traits like teeth and a bony tail. Discovered in 1861 in Germany, two years after Charles Darwin published On the Origin of Species, it quickly became an icon for evolution and has remained popular since.

The Chinese scientists acknowledge they have only weak evidence to support their proposal, which hinges on including a newly recognized dinosaur. Other experts say the change could easily be reversed by further discoveries.

THE ASSOCIATED PRESS

URGENT:
Famine in the Horn of Africa

World Vision



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Nokia loses ground

Cellphone giant trying to hold on in cutthroat smartphone market

Nokia's credit rating was downgraded yesterday as the world's largest producer of cellphones struggles to compete in the smartphone segment.

Moody's Investors Service said it downgraded the Finnish phonemaker's debt rating by two notches, from A3 to Baa2, due to a "severe weakening" of Nokia's business position. A downgrade matters because companies raise money through the issuance of bonds as well as through shares, and the lower rating implies higher costs.

Moody's warned that it will take time for Nokia to make its operating systems Windows-compatible even after partnering with Microsoft.

Wolfgang Draack, Moody's senior vice-president, said the benefits of the switchover to Windows would likely not emerge until the second half of 2012.

Last week, Nokia posted a $533-million US loss in the second quarter on sales of $13.5 billion US as Finland's largest corporation continues to lose ground to both top smartphone rivals and competitors in the low- and mid-tier handset market. THE ASSOCIATED PRESS

2

For the first time, the once-dominant Nokia slipped behind Apple Inc.'s iPhone in the second quarter in terms of quantity of smartphones shipped to vendors.

Phone. Survey

▶ Canada's most popular cellphone is the Apple iPhone 4, measurement firm comScore says.

PAUL SAKUMA/THE ASSOCIATED PRESS

We like them Apples

Apple takes four spots on the Top 10 list of most-used phones in Canada, technology analyst comScore says. The 16-gigabyte iPhone 4 was the phone of choice for almost 516,000 Canadian users, followed by the iPhone 3GS (second on the list), the 32-gigabyte iPhone 4 (third) and the iPhone 3G (ninth). However, while Research In Motion's Bold 9700 and Curve 8530 were only seventh and eighth in the Top 10, RIM retains the biggest share of the overall smartphone market in Canada, with 42 per cent, versus 33 per cent for Apple.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

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METRO

I've become everything I've ever hated. For the first time, I own a cellphone.

Frequent readers will know I resisted cell ownership for a long time.

I'd watch my friends and how it changed them, making them more machine than man, twisted and evil.

One friend would walk with his head buried in his iPhone, never looking up for anything short of a natural-gas explosion. I trust the weather app saved him from the trouble of ever having to look at the sky.

Another boasted how people complimented her on her nifty fold-in keyboard. It was like her phone was a lame stand-in for a new car, similar to when childless women talk incessantly about their fascinating and never-tiresome cats.

"In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas."

A third friend accidentally flushed her phone down an automatic toilet, which was amusing enough, but it lost its humour as she fretted that her friends might think she was dead. Every time a new person would arrive she'd grab them by the shoulders and scream "I FLUSHED MY CELLPHONE DOWN THE TOILET" with the same intensity one normally saves for explaining that Soylent Green is people.

In short, people seemed to see their phones less as useful tools and more as necessities of roughly the same importance as the pancreas.

And as a word lover, it was hard to see people strip perfectly good vowels from words, not to mention lying about how much they are laughing and/or rolling on the floor.

So I went cell-less and, as time passed, I came to enjoy being seen as an outsider. Friends acted like I hadn't received my polio shots — "You NEED one!" — but I just couldn't see it. I had no reason to have a cellphone.

But then, a realization: As I removed the usual dozen unheard messages from my land line — all hangups from shady 'businesses' — it occurred to me for the first time: I had no reason to have a land line.

Nobody ever called me, thanks to email, and I was getting so many spam calls that when it did ring I wouldn't answer.

So I'm now the proud owner of a fancy-schmancy cellphone — I use it as a GPS, video-game console, weight-tracker and excuse to avoid people on public transit.

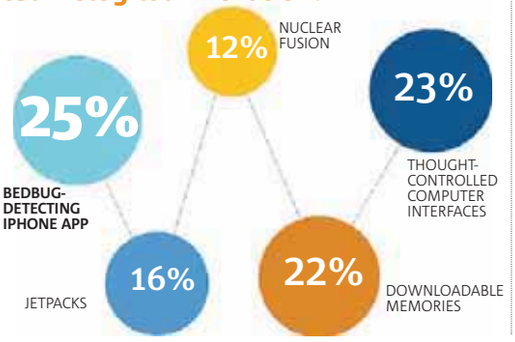
It was a hard decision to join the pack, but I've satisfied my need to be different by also cancelling my Wi-Fi at home, which I found just kept me from my work.

See? IMHO, I'm still an outsider! ROTFLMAO! (pls kill me)

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

What should be the next big technological innovation?



Local tweets

@BCLions: Should be a good game! The #BCLions - #Riders rivalry always makes for a great match-up RT @misschelcd game bound august 5th! Can't wait! :*

@boboboo: As many have said before, this off season is just soooooo boring. #Canucks gimme something to live for here!

@ArtemChubarov: Anyone else busy refreshing the #Canucks roster page waiting for them to include Winchester before they officially announce the signing?

@andystrickland: It looks like Brad Winchester will be signing with Vancouver although nothing has been finalized at this point #Canucks truehockey.com/articles/Winch...

@enRouteOnline: RT @tourismbc: Celebration of Light starts Sat. in #Vancouver - check out this timelapse video of last year's crowd! http://ow.ly/5Le6Z

@richgirlz: come on #vancouver, where da heat wave at?

@carolynali: You know it's cold in #Vancouver when it's July 24 and you wish you wore socks

Worth Mentioning

U.K. Britain's advertising standards council banned two makeup advertisements featuring actress Julia Roberts and model Christy Turlington yesterday, ruling the ads — which used digitally altered photographs — were misleading and could no longer be used.

The Advertising Standards Authority found that the airbrushed images used by L'Oreal in magazine ad campaigns exaggerated the results women could expect from using the beauty products.

The decision was seen as a step forward in an ongoing campaign to limit the retouching of photos in beauty-related ads in Britain.

"It highlights one of the main issues, that these hyper-perfect versions of beauty are undermining people's confidence because they are beyond what's achievable," said Susan Ringwood, chief executive of Beat, which campaigns to combat eating disorders.

The advertising standards council is now allowed to consider the social impact of the ads as a criteria on whether they are acceptable.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Hospital bills dead woman's estate $9.2M

A Florida hospital has filed a $9.2-million claim against the estate of a woman who died after spending five years in the hospital, according to court documents.

That's how much the hospital says is owed for the care of Tameka Campbell, the documents say. She died at age 29 two years ago of progressive demyelinating neuropathy.

It is unclear whether the $9.2 million in hospital charges is a record.

Health News Florida checked with the American Hospital Association, the Health Care Financial Management Association, and others, but no one knew of any records.

"That would have to be the biggest bill I've heard of," said Alan Levine, a division president at the Naples-based hospital chain Health Management Associates.

"I've seen more than $1 million," he said. "But not $9 million." Fort Myers hospital consultant Peter Young said, "A bill that large may well be in a league of its own and a Guinness Book of Records bill!"

An online search of Guinness World Records offers no category for "largest hospital bill." THE ASSOCIATED PRESS

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CONTRIBUTED

▶ Get out and show your pride this weekend.

A weekend full of pride

Metro gives you a quick look at the events taking place at this year's LGBT celebration

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

There are endless reasons why Vancouver is one of the best places to live in the world. So many, in fact, it's easy to forget some of the most important. This week is Pride Week and, while it's a huge celebration for the LGBT community, everybody is invited to the party. Here's a snapshot of what's happening to celebrate 33 years of Vancouver Pride:

Tonight
Pride Movie Night at Granville 7 Theatre (7-10 p.m.)

Adventures of Priscilla, Queen of the Desert, featuring a live drag show and sing-a-long. Yes, it's an interactive flick with a reception to follow. Tickets $15; save $3 if you dress as a drag king or queen.

Tomorrow
Caya Davie Street Dance Party (7 p.m. - midnight, Davie Village)

Time to get your party on with the Queen of Disco Carol Jiani as she leads a parade of performers, drag queens and DJs in three different party zones. Fast Track Tix (available at the Vancouver Pride Society office, Caya (14 Water St; Davie and Howe) or Little Sisters): $20 for unlimited reentry, line-jumping and preferred drink sales; general admission: $10 at the door.

Saturday
Terry Wallace Memorial Breakfast (9 a.m. – 12:30 p.m. at Bute and Davie)

A family friendly pancake breakfast (by donation) honouring Terry Wallace, once of founders of Vancouver Pride.

Sunday
Vancouver Pride Parade (noon to 3 p.m. Starting at Bute and Robson down to Denman and Sunset Beach)

This is the big one. Colourful floats, musical marching bands, community groups and more. One thing's for sure: you will see rainbows.

Sunday
Sunset Beach Pride Festival (11 a.m. — 6 p.m.)

After the parade bring the family over to Sunset Beach to listen to music and check out the products available at 140 booths. Private beer garden (Starting at noon) with DJs/dancing.

Other events

Youth Dance (8 p.m. to midnight, West End Community Centre, 870 Denman)

▶ **Sunday** Suggested donation is $5 but no one will be turned away at the door for lack of funds. This is a drug and alcohol free event is for ages 25 and under who identify with any sexual orientation or gender. If you'd like to see an overview of all the events you can visit vancouverpride.ca for more information.

Like falling for the first time

Former Barenaked Ladies singer Steven Page has married longtime girlfriend Christine Munn.

Page confirmed the news via Twitter, responding to the congratulations of fans and well-wishers.

The 41-year-old Page also tweeted a picture of the couple sharing a dance, with the groom clad in a cream-coloured suit jacket and a bow-tie. Another sepia-toned picture showed the couple performing onstage during the reception.

"Our first dance was Dream Of A Girl by the Lilac Time via video message," Page tweeted, referring to the English alt-rock group.

"I wept like a baby."

Page has three sons with ex-wife Carolyn Ricketts, whom he divorced in 2009. The Toronto musician left the Barenaked Ladies in '09, and released his first solo album. In 2008, Page and Munn were charged with drug possession after police found cocaine. Munn also tweeted about the ceremony.

"And I'm now Mrs. Page! So happy. I married my best friend. What a wonderful day," she tweeted on Sunday, along with a bundle of photographs.

The next day, however, she tempered her enthusiasm slightly.

"The thing that sucks about the day after the day after the wedding is all the dirty dishes and trash. And unpacking the house."

THE ASSOCIATED PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Steven Page.

2 scene

Reid leads way

Johnny Reid has a leading six Canadian Country Music Award nominations. The Scottish-born, Toronto-bred singer-songwriter is up for trophies including single of the year, songwriter of the year, album of the year and male artist of the year.
THE ASSOCIATED PRESS

UK Supreme Court gives victory to designer in battle over 'Star Wars' stormtrooper helmets

The jury is not out on this issue

Being celebrity judge can be a recipe for success Appearances on shows like Voice, Idol have done wonders for some

CHRIS PIZZELLO/THE ASSOCIATED PRESS

Steven Tyler, left, and Jennifer Lopez, were successful as judges on American Idol this year.

Jean Holmgren doesn't like country music and had never heard of Blake Shelton.

Then came The Voice.

A few months later, she's the proud owner of Shelton's new album, one of more than 116,000 fans who made Red River Blue the tall Oklahoman's first No. 1 on the Billboard album charts this month.

"Once Blake was on my radar from The Voice, I heard his new single and I was really impressed," said Holmgren, a 27-year-old online marketing specialist from Kingston, Pa.

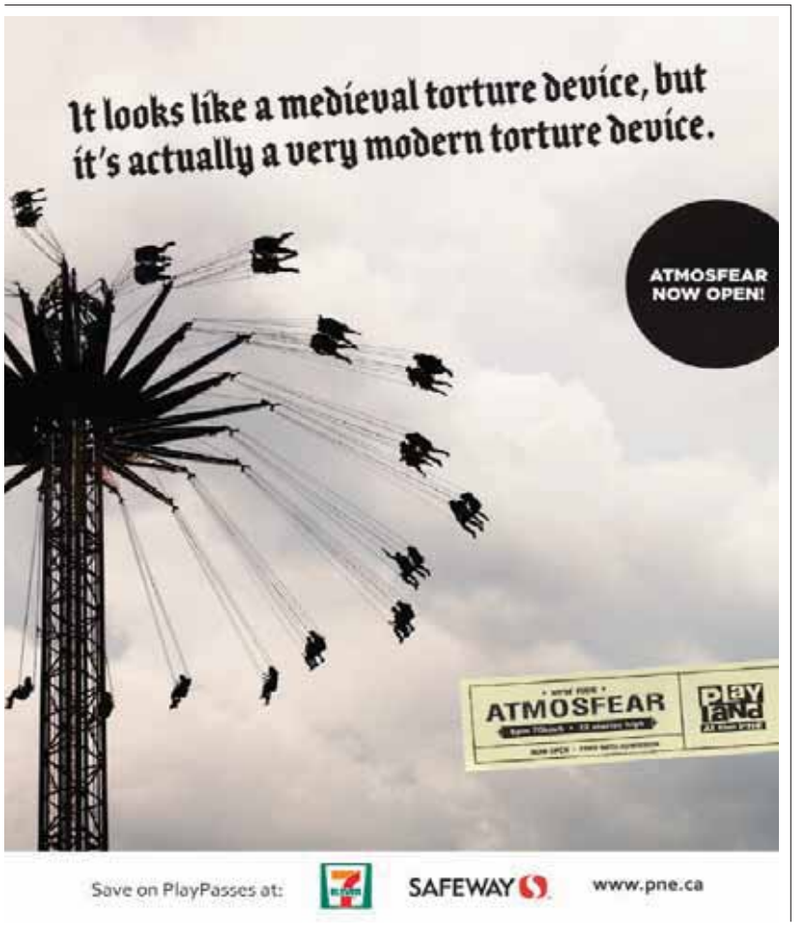
"I was never a country fan but he has such a good voice. The song Honey Bee is really cute and I guess it's kind of a crossover song, if you want to call it that. From there I watched some videos on his YouTube channel and followed him on Twitter. I love his sense of humour!"

While The Voice, American Idol and other talent shows are designed to make stars out of unknown talent, they've also had the effect of boosting the fortunes of some of the contest's singing celebrity judges.

This year Steven Tyler and Jennifer Lopez became judges on Idol, marking the first time the panel had singers still with viable careers (Paula Abdul's singing career had died years before the show).

The Voice relied solely on current hitmakers in its first season and found a winning combination with Shelton, Cee Lo Green, Christina Aguilera and Adam Levine of Maroon 5.

Shelton hit the publicity trifecta when The Voice became a sensation, taking an already solid country career that was on the rise to a nation looking for someone interesting.



He already had a career-defining year in the world of country music where Red River Blue was highly anticipated and had already spawned his fastest-rising single, Honey Bee.

He'd won a recent cache of awards, including the 2010 Country Music Association's male vocalist of the year and co-hosted The Academy of Country Music Awards. And marrying Miranda Lambert didn't hurt his star power either.

The missing ingredient? The chance to put it all together in front of a large audience on a weekly hit show. The Voice held steady at about 12 million viewers during its run and was the first new show at the four largest networks this year to grow its viewership from week one to week two.

Shelton has watched his fan base grow week by week at the same time, on Twitter and even on the streets.

"It actually blows me away," Shelton said. "It's definitely obvious. Just walking down the streets of New York City with Miranda, people are stopping me and wanting to say hi and take a picture or something, and it's always about that show.

"I've been going to New York City and Los Angeles for 10 years and you can count on one hand how many times someone has recognized me in New York City."

Shelton is not the only Voice judge to take advantage of the show's success. Levine and Aguilera released a single together, Moves Like Jagger, that peaked at No. 8 on Billboard's Hot 100 chart during the show's run.

Green, already hot after the widespread success of his song (Expletive) You, has a chance to diversify his career in ways co-manager Michael "Blue" Williams always envisioned but never was never able to exploit until Green had a chance to show his personality for an extended time on the national stage.

"The label (Elektra) honestly told us we shouldn't do The Voice," Williams said. "They were like, 'You're cool and we'll always think of Cee Lo as being cool, but then if the show comes off cheesy you could lose some of that cool factor.' We feel like the show actually made Cee Lo cooler with more people."

THE ASSOCIATED PRESS

MATT SAYLES/THE ASSOCIATED PRESS

Being a judge on The Voice has certainly helped Blake Shelton to develop into household-name status.

Jewel in on the action

Other musicians have used stints as celebrity judges to boost their careers as well. Jewel, for instance, reimagined herself as a country artist and scored a No. 1 country album in 2008 with the help of Nashville Star. She also recently worked with former American Idol judge Kara DioGuardi on Bravo's Platinum Hit.

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Could music biz have done more to help Winehouse?

Natalie Cole says troubled singer was pushed too hard to perform when she wasn't ready

Amy Winehouse's death Saturday at age 27 has rekindled questions about the role the music industry should play in helping stars kick self-destructive habits.

Could the entertainment community have done more to save one of its most gifted young artists? Natalie Cole thinks so.

A former heroin addict herself, Cole was critical of the industry after Winehouse won five Grammys in 2008.

Winehouse performed triumphantly during the Grammy telecast that year — but did so via satellite from London, in part because she was in rehab at the time.

Cole said Winehouse shouldn't have been trying to perform, given her condition. She said the industry has a responsibility to step in and push an artist out of the spotlight until they get their personal act together. "Somebody needed to care about that girl, and I don't know if she had that." METRO

ASSOCIATED PRESS/FILE

▶ Amy Winehouse during her final concert, in Belgrade, Serbia, when she stumbled onstage and forgot the words of songs.

Celebrity Tweets

"Watching SNL rerun...honestly, if there's a bigger quintuple threat out there than Justin Timberlake, I've yet to see it."
@aimeemann

"An older gentleman (mid 60's) ended the conversation we were having with the phrase, 'Lates'. Made me feel insane."
@joelmchale

"Happy National Tequila Day!"

@peeweeherman

"Love how going to a friends birthday turns into a slew of lies! grrr — oh well... happy sunday all"
@lindsaylohan

PSSST...
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Mulligan engaged

Carey Mulligan and her Mumford and Sons boyfriend, Marcus Mumford, are reportedly engaged, according to the Sun.

"Carey looked like the cat who had got the cream. She was wearing a beautiful ring and didn't seem to mind who saw it," says a source who spotted the two at a party at a country estate in southwest England.

"They were stuck to each other like glue. She was doing most of the talking and he was hanging on her every word." METRO

GETTY IMAGES

▶ Carey Mulligan

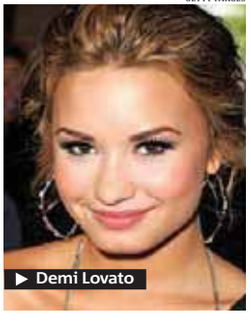
Alex Skarsgard is single again

GETTY IMAGES

▶ Alexander Skarsgard

After two years together, True Blood star Alexander Skarsgard has reportedly split from girlfriend Kate Bosworth, according to Us Weekly. "It was very mutual," a source says. "And it happened a while ago." Skarsgard definitely seemed single while hitting the party circuit at San Diego Comic-Con last weekend, where sources say he got flirty with a brunette before leaving with her. "He's single, and he is loving the attention," the source says. METRO

GETTY IMAGES



▶ Demi Lovato

Demi now OK as a role model

Despite the rough two years Demi Lovato has had — including a stint in rehab and announcing she'd suffered from addiction and eating disorders — the Disney star says she's much more comfortable with fans looking up to her now. "Kids used to tell me, 'You're my role model.' And I'd want to shake them and be like, 'Why?'" Lovato says, according to Hollyscoop. "I finally feel like I can inspire people. I can be proud of it." METRO

Harris: Hef's not what he used to be

After calling off her engagement to Hugh Hefner less than a week before their wedding, Crystal Harris is now spilling secrets about the couple's time in the bedroom.

"[It lasted] like, two seconds," Harris tells Howard Stern in an interview on his satellite radio show. "Then I was just over it. I was like, 'Ahh.' I was over it. I just, like, walked away. I'm not turned on by Hef. Sorry." METRO

GETTY IMAGES

▶ Hugh Hefner

Winehouse family plans memorial fund

Amy Winehouse's family are hoping for something positive to come out of their daughter's death and have announced plans to start the Amy Winehouse Foundation, according to the Daily Mail.

Her dad, Mitch Winehouse, says news of her death brought him the idea almost immediately.

"Straight away I said I wanted an Amy Winehouse Foundation, something to help the things she loved — children, horses — but also to help those struggling with substance abuse," Mitch said at her funeral Tuesday. METRO

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Fab frames

Updating your look with new glasses? Be sure to select the best style and colour for your face:

° The frame shape should contrast with your face shape. Long faces, for example, look good in round or square frames.

° Eye wear can be used to emphasize your personal best feature, such as rust colours to match red hair.

• The frame size should be in scale with your face size. Large glasses will not make a small face look larger for example, and generally, small glasses do not compliment a larger face.

NEWS CANADA

For more beauty and fashion tips scan or visit metronews.ca/style

Is that Carmindy in your pocket?

JANINE FALCON
LIFE@METRONEWS.CA

Women hoping to copy Kate Middleton's wedding day DIY makeup will save plenty of Internet-trawling time by buying one thing for just $4.99: The Carmindy App for iPhone and iPad (an android version is in the works).

By way of serendipity, the app's wedding-makeup tutorial mirrors the look the Duchess wore. Bonus: The Carmindy App recommends the right shade for your complexion.

"One of the things I get asked all the time is 'What colours do I wear for my skin tone and my hair colour?" says the makeup artist best known for her weekly appearances on TLC's What Not to Wear.

No surprise: that's the heart of the app.

Users can customize an avatar with hair, eye and skin colour, then peruse a number of how-tos, including video clips and face charts. Looks range from the five-minute face to girls-night-out drama, and show details from winged liner to a quick smokey eye.

GETTY IMAGES

Product recommendations include drugstore and department-store options, and can be added to a built-in shopping list. And in keeping with a key aspect of Carmindy's

"It's all a way for me to help women walk into drugstores and department stores and choose products."
CARMINDY

three books, Sally Hansen Natural Beauty Inspired by Carmindy isn't the only featured cosmetic brand.

"I talk about NARS, M.A.C, Rimmel, NYC, Milani — there isn't just one brand that everyone uses," notes Carmindy in an interview with Metro. "We do that 'splurge/save' thing — save on certain things, then splurge on the lipstick of the moment."

She also says the app will be updated with new recommendations as occasional products are discontinued.

In addition, there's a dash of self-help via a short video explaining how to do the mirror-mantras the artist developed during her own self-esteem challenged youth.

The Carmindy app took two years to develop because the technology has developed along with it, as well as the artistry involved. "For example, just getting the shading right on the avatars took a while; the techs had to figure it out because there wasn't an easy way to do it," explains Carmindy.

Updates become available as soon as a new feature is added, and new looks are planned for each season. Coming soon: techniques based on eye and face shape. As well, Carmindy fans can learn more by watching the artist apply app-related looks on her own face on YouTube.

"It's all a way for me to help women walk into drugstores and department stores and choose products," says Carmindy.

DIY day spa

Can't get to your fave sanctuary? Indulge at home with this tanning treatment inspired by a Canadian spa

GEE BEAUTY'S COCO TANNING TREATMENT

Where to find it: Gee Beauty in Toronto, geebeauty.com

Step 1. Scrub your entire body with a granular exfoliant. "Make sure it doesn't have any essential oils," says Natalie Gee of Gee Beauty, "as the oils may cause the tan to streak."

Step 2. Use a favourite moisturizer to hydrate extra-dry patches on elbows, knees, hands and feet. Don't skip this step, as dehydrated areas will soak up extra self-tanner and leave you with dark, too-tanned patches.

Step 3. Put on non-latex gloves to protect your palms from staining, then apply tanning cream all over your body as you would a body moisturizer, making sure to leave no part uncovered.

Step 4. Grab a towel-like mitt—at Gee Beauty they use the St. Tropez Buffing Mitt—and buff, buff, buff. Take some time here as this polishes the skin and eliminates streaking, says Gee.

TEXT BY DEBORAH FULSANG
PHOTO BY GEOFFREY ROSS

THE KIT DIGITAL BEAUTY MAGAZINE IS LIKE HAVING YOUR OWN PERSONAL MAKEUP ARTIST, HAIRSTYLIST, NATUROPATH, AESTHETICIAN AND FITNESS TRAINER—ALL IN ONE. SUBSCRIBE FOR FREE AT WWW.THEKIT.CA

Celebration of our nation

This Saturday partake in Food Day Canada, which puts the spotlight on Canadian-sourced foods, by visiting a participating restaurant or inviting friends and family over for some eats

A celebration of the culinary bounty of this country is taking place coast to coast to coast Saturday.

The beauty of the event is that people can participate wherever they are — as long as a menu of all Canadian-sourced food is offered, says Anita Stewart, who founded Food Day Canada in 2003.

Since that time the culinary adventurer has also added nearly 300 restaurants to the roster of those who are taking part.

THE CANADIAN PRESS H/O

▶ This recipe makes three to four servings.

Ingredients:

- 1.5 kg (3 lb) beef grilling back ribs (about 7 ribs long)
- Salt and pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- Canola oil, as needed
- 1 can (398 ml/14 oz) tomato sauce
- 75 ml (1/3 cup) each maple syrup, cider vinegar
- 50 ml (1/4 cup) tomato paste
- 30 ml (2 tbsp) each minced canned chipotle peppers and Worcestershire sauce

Preparation:

1. Season the rack of ribs with salt and pepper. Roast them on foil-lined baking sheet in a 120 C (250 F) oven for 2 hours until crispy and browned. Let cool. Cut into individual ribs.
2. In saucepan, sauté garlic and onion in a bit of vegetable oil until softened. Stir in tomato sauce, maple syrup, vinegar, tomato paste, peppers and Worcestershire sauce; bring to simmer. Remove from heat. Reserve about 1 cup of sauce for dipping.
3. Grill or broil ribs over medium heat 10 mins, brushing generously with barbecue sauce and turning occasionally. Serve.

THE CANADIAN PRESS/ CANADA BEEF INC.

Weekly Cookbook

Easy Grilling: Simple Recipes for Outdoor Grills (Ryland, Peters & Small, 2011) offers more than 100 easy-to-follow recipes that cover everything from burgers and chicken wings to impressive options such as Duck Satay with Grilled Pineapple and Plum Sauce, and Chicken Tandoori Kabobs.

You can also create your own flavour combinations using the Sauces, Marinades and Dips section. Other sections include Meat and Poultry, Fish and Seafood, Vegetables, and Salads and Sides.

There are better ways to make your voice heard
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METRO SPACES

CONTRIBUTED

▶ The indoor design at Westridge Living is sleek, letting the high-quality building materials speak for themselves: Stone slab countertops in the kitchen and bathrooms, stainless steel appliances, hardwood floors and custom cabinetry. Master bedrooms have ensuite bathrooms and each home comes with a washer and dryer.

Westridge Living is Listraor Development Corporation's newest townhouse development
Situated at the foot of Burnaby Mountain with view of Burrard Inlet

Living next door to nature

STEPHANIE ORFORD
FOR METRO

The feeling of "fit" may be tough to define, but to homebuyers it's key.

When you find the right home, you just know.

And homebuyers need to experience fit, not just with their houses, but also their new neighbourhoods.

For home developer Craig Rowland and his company Listraor Development Corp., the same is true of being a home builder. Listraor homes need to suit their environment and the lifestyles of their inhabitants, Rowland told Metro.

Such is the case with Westridge Living, Listraor's newest townhouse development, situated at the foot of Burnaby Mountain with views of the mountains and Burrard Inlet.

Rowland always looks for the right neighbourhood when he is considering building a new project.

And what better place than Burnaby?

According to Rowland, a former Burnaby city planner, the city has always had a good balance of parks, community centres, and other areas.

Meet the home

- **WHAT:** Westridge Living
- **BUILDER:** Listraor Development Corp.
- **LOCATION:** Burnaby
- **WEBSITE:** westridgeliving.ca/
- **PHONE:** 604-649-5063
- **PRICING:** Two-bedroom ground floor garden townhome — $489,900. Two-bedroom with roof deck — $539,900. Three-bedroom with roof deck — $579,900
- **SIZES:** 1,035 square feet, 1,083 square feet, and 1,105 square feet

"Burnaby is a well-planned city," he said.

Listraor has developed four other neighbourhoods in Burnaby and more elsewhere since Rowland started the company in 1994.

He encourages those who might be interested in buying at Westridge to check them out. "Then people can see that we do a good job."

What Rowland especially likes about the Westridge location is its proximity to Barnet Beach, parks and Burnaby Mountain's hiking trails. Westridge was planned with active, nature-oriented couples and young families in mind.

The townhouses were designed "to bring the outside in," Rowland said.

The rooftop decks and large windows take full advantage of the spectacular scenery. "We tried to maximize opportunities for everyone to get a great view."

The design indoors is just as sleek, letting the high-quality building materials speak for themselves: Stone slab countertops in the kitchen and bathrooms, stainless steel appliances, hardwood floors and custom cabinetry.

Master bedrooms have ensuite bathrooms and each home comes with a washer and dryer.

Security was also a top design consideration: All homes are pre-wired for alarms, and each owner has an underground parking stall and a four-by-six-foot storage locker. The 10-year home warranty will give homeowners even more peace of mind.

The 21 Westridge Living homes are now for sale. Three have been built so far and are open for viewing at 7198 Barnet Rd.

HOUSING STARTS A STAT WORTH CELEBRATING

BITS & BITES

PETER SIMPSON
FOR METRO

Housing starts continue to increase in Metro Vancouver. Canada Mortgage and Housing Corp. (CMHC) recently released its year-to-date starts statistics, and the news is good for the homebuilding industry's hard-working tradespeople and the folks who provide building materials and services.

During the January-to-June period, construction started on 8,472 homes, up 23 per cent from the 6,881 starts recorded during the same six-month period last year. The increase generated an additional 4,455 direct and indirect full-time jobs. That's an economy-boosting statistic worth celebrating.

As much as I try, I can't seem to purge from my mind the dark days of 2009, when this region came within a whisker of recording its worst housing-starts result since the 1960s.

I believe it is important to review the past to appreciate where we are going. Only 3,342 housing starts were recorded during the first six months of 2009, compared to the aforementioned 8,472 this year. The hit-the-wall situation two years ago forced many workers to wait it out on the sidelines.

CMHC is predicting a seven per cent increase in housing starts in 2012. Not bad. A steady, sustainable housing market trumps the uncertainty of a Yo-Yo market, which is characterized by steep spikes, followed by dramatic drops, followed by steep spikes.

If you are considering buying a new home — single-detached, townhome, lowrise condo or highrise condo — get pre-approved by your lender, take a deep breath, then start searching for a home you can comfortably afford and is best suited to your family's current and future needs.

Habitat for Humanity

When it comes to building homes, Habitat for Humanity is right up there with the big boys.

The National Association of Home Builders, headquartered in Washington, D.C., recently released its list of America's 200 largest builders in 2010. Sitting prominently in the sixth position is Habitat for Humanity International, with 6,032 closings and $1.4 billion in gross revenue last year.

Leading the pack is D.R. Horton Homes, which, despite the challenges of a sluggish U.S. economy, closed a whopping 18,983 homes and generated $4.06 billion in gross revenue in 2010.

Habitat for Humanity deserves to be supported, so here's a blatant plug for its fundraising efforts. Habitat has two ReStores in Metro Vancouver — one in Vancouver, the other in Burnaby. Visit vancouver-habitat.bc.ca/restores for details on Habitat for Humanity and its ReStores.

PETER SIMPSON IS THE PRESIDENT AND CHIEF EXECUTIVE OFFICER OF THE GREATER VANCOUVER HOME BUILDERS' ASSOCIATION. EMAIL HIM AT PETER@GVHBA.ORG

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Trendy neighbourhood, small budget

ON THE MARKET

RYAN DELUCA
FOR METRO

Sebastian Tobler, 28, is a single male who is interested in purchasing his first home in Vancouver. His neighbourhood of choice is the Kitsilano beachfront community.

Kitsilano is known for its trendy cafés, bars, restaurants and fantastic shopping. It is also located just across the bridge from the downtown core. Being one of the more expensive neighbourhoods in Vancouver, Tobler was able to save for a larger down payment with the help of an inheritance. He is looking for a one-bedroom and den between $450,000 and $500,000.

Tobler's priority is finding a condominium unit that is close to downtown and accessible via bike.

He does not want to be more than 10 blocks from the beach or main shopping corridor of 4th Avenue. While outdoor space is not a priority, having a balcony or small yard in which to grill would be nice.

As for renovations, Tobler is aware that in his price range most of the suites are going to be slightly outdated, but as long as they are clean and in fair condition he can update to his liking over time.

Here are three great units this buyer should look at.

RYAN DELUCA IS A REAL ESTATE AGENT WITH SOTHEBY'S INTERNATIONAL REALTY CANADA

CONTRIBUTED

▶ This unit includes upgrades such as bamboo flooring.

406-2528 Maple St.
$485,000

This is one-and-a-half year-old, 657-square-foot condominium right in the heart of Kitsilano is a great match for Tobler. He is amazed he can afford a brand new unit that is modern and "turnkey." On the far side of his search area from the beach, this unit in Pulse by Bastion Development has enough upgrades including bamboo flooring, granite counters and quiet concrete construction, which makes the distance from the beach seems less important. Bernadette Tam of Sutton West Coast Realty notes that from this unit you are able to enjoy water, mountain and city views.

CONTRIBUTED

▶ Enjoy a private entrance to your own "oasis."

15-3036 W. 4th Ave.
$458,000

Tobler loves that this unit is right in the middle of his chosen neighbourhood. Close to shopping, transit, and an easy commute by bike to downtown, this 700-square-foot unit is a ground level "townhouse style" condominium with its own private entrance. The bonus of having two parking stalls means Tobler can rent one out to another condo owner. With the floors upgraded and ample outdoor space to enjoy, listing agents Tom Gradecak and Nadja Pacek of Westside Tom Gradecak Realty say you can "enter through your private gate and immerse yourself in this oasis featuring lush landscaped gardens."

CONTRIBUTED

▶ This large condo has room to spread out.

A6-1870 W. 6th Ave.
$468,000

Finally, Tobler views this 970-square-foot unit two blocks from the cafés and bars he loves. This unit offers Tobler an opportunity to spread out. With updated laminate flooring, new paint on the walls and an upgraded front-load washer/dryer, this unit is in fantastic shape. It is tenanted until the end of August, but that is easy to overlook considering all the positive attributes. It even affords Tobler a chance to save a larger down payment before closing. Listing agent Nickolas Vidovic says "the complex comes complete with a workshop, workout room, sauna, bike locker room and storage."

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PHOTOS CONTRIBUTED

SOLD

902-1277 Melville St., Coal Harbour
LISTED: $865,000
SOLD: $847,500

This two-bedroom, two-bathroom condominium in the prestigious Flatiron building boasts 1,265 square feet of luxurious living space. With only two suites per floor and a 180-degree view, this is a rare find in this price range. Minutes from Stanley Park, the Coal Harbour Seawall and all the shops and restaurants of Robson Street, this is luxury living at its finest.

411-4900 Cartier St., Shaughnessy
LISTED: $1,250,000
SOLD: $1,200,000

This "high-end" property listed by Lynn Johnson of Macdonald Realty Ltd. is 1,516 square feet. Looking out over a stunning view of Van Dusen Gardens, a large patio off the master bedroom and living room, crown mouldings, hardwood floors and ensuite laundry, no detail was spared.

217-3480 Main St., Mount Pleasant
LISTED: $485,000
SOLD: $475,000

This two-bedroom, two bathroom, 871-square-foot unit in the trendy SoMa neighbourhood of Vancouver sold in just 18 days. The unit showed extremely well with updated laminate flooring, a large kitchen with ample counter space, and an oversized south/east facing patio. On the courtyard side of the building, this unit gives you access to all Main Street has to offer. Realtor Tony Ioannou of Dexter Associates Realty Vancouver explains: "This very quiet suite features a great open floor plan with excellent separation between the two bedrooms". RYAN DELUCA

A full view of Kitsilano

SAM SMITH
FOR METRO

Two-hundred-and-fifty condo units, 10 floors and a 360-degree view of beautiful Vancouver is the tagline for Kits360, a new development by Intergulf in the heart of Kitsilano.

Scheduled for completion by September 2013, would-be condo owners looking for a unique building design of staggering "green roofs" surrounded by the downtown core, Granville Island, beaches and activities need to look no further.

Chris Harburn, site lead for sales at Kits360, said the building is meant to suit any and all lifestyles, and that has been represented in their pre-sales so far. Location was the main point of interest for Intergulf, he said, as this building is not marketed to one or two groups, but anyone. Harburn maintains that whatever your lifestyle, there is a reason to look at Kits360.

CONTRIBUTED

▶ A view from the street of Kits360.

The building boasts two gyms, a rooftop terrace with a lounge and kitchen area, meeting rooms, a courtyard, bike storage and repair, parking spaces, and a 24-hour concierge, to name a few.

Of course, inside the units is another matter.

Starting with the kitchen, cabinets and countertops come equipped with white, red and zebrawood-looking quartz or white composite stone. Kitchens are either open with an L-shape or feature linear layouts, depending on the unit. The bathroom has porcelain tile floors, Hytek Kohler tubs to soak in, laminate wood cabinets, and an iodized aluminum and glass medicine cabinet.

To get a taste of the building, head down to 1705 Burrard St. and visit the sales centre.

Meet the condo

- **WHAT:** Kits360 Condominiums
- **BUILDER:** Intergulf Development Group
- **LOCATION:** 1777 West 7th Street, Kitsilano
- **WEBSITE:** kits360.com
- **PHONE:** 604-737-0360
- **SIZE AND PRICING:** 472 to 1,281 square feet, starting at $299,900

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Easy, breezy, cool design

Don't let your home turn into a sauna or an icebox **Practical ways to stay stylishly cool during summer**

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

I always thought that decorating seasonally was a bit of a foolish idea.

But not after this horribly hot summer I've experienced in southwestern Ontario. No longer can we rely on the weather patterns that we had as kids.

Remember when it was always super-hot in July and dead cold in January (with somewhat easy temperatures in between)?

I've given up depending on the weatherman and now am decorating for all four seasons.

We must be ready for temperature changes at any given time. Here's a few decor ideas what will do you good at a moment's notice, no matter where you live.

Get good blinds

Choose a pale colour cellular window dressing to reflect heat away from the house in the summer months and help to keep the cool air inside.

During the cooler weather they will act as insulation to help keep the heat in.

During the two extreme seasons you'll also save money on heat loss.

Use a thermostat programmer

Program your thermostat to turn on the air conditioning only during times when you will be home.

Keep in mind that for each degree you turn the thermostat up in the summer and down in the winter you will save $100 on your heating/cooling bill.

Control your sweat

Washing and drying clothes, showering and cooking all increase humidity inside your home.

ISTOCK IMAGES

▶ Lift wool rugs to expose cooler hardwood and tiled floors. Cool feet will give you a cool head.

CONTRIBUTED

▶ A cellular-style shade helps filter light, and keeps hot and cold air from transferring to the window.

If these cannot be avoided, turn on a ventilating fan or dehumidifier to help extract warm, moist air and run the dishwasher and dryer during the nighttime, which is usually the coolest time.

Service your AC unit

Be sure to tune up your air conditioning unit and clean your ducts every spring to ensure they are working efficiently.

You know if you don't, chances are your unit will stop working on the hottest or coldest day just to get you back.

Breathe easy

Clean your furnace/air filter once a month. Blowing cold air is no different that blowing hot air and the filter can get just as dirty.

Decorating choices for the multi climates

Close the curtains or shades on any south- or west-facing windows and you'll save two to four per cent on cooling costs.

If available, turn on ceiling and table fans.

A fan will allow you to raise the thermostat setting about four degrees and still feel cool.

Make sure ceiling fans are turning in a counter-clockwise direction (you should feel a cool breeze standing directly under the fan).

Only use the fan while you're in the room because these cool people, not places.

Cook with the microwave oven instead of the regular oven or grill outdoors.

Better yet, eat out or go to your mama's.

Installing compact fluorescent lights in high-use fixtures saves about 66 per cent on lighting costs — these also lower the heat the bulbs put out.

Decorate wisely

Choose heavy, lined drapes on the south and west windows to block out light and heat during the warm weather months.

- These will also be your friends during the winter by keeping drafts from pouring in through windows and patio doors.
- Put slipcovers on heavy, fuzzy and textured furniture.
- Choose slipcovers made from smoother, cotton fabric during the hot months.
- If all else fails, keep a bottle of peppermint cream in the fridge. It's excellent for cooling the feet and hands. When you are cool the world is a better place.

metro
metronews.ca
THURSDAY, JULY 28, 2011

SUMMER FUN

TORSTAR NEWS SERVICE FILE

Pack a summer picnic

Food consultant and cookbook author Trish Magwood says to keep your planning simple

YLVA VAN BUUREN
FOR METRO

Summer picnics are a wonderful way to while away an afternoon. And when you're planning a picnic, it's important to keep it simple, says food consultant and cookbook author Trish Magwood.

"We all want a little bit of a break so we don't want to slave in the kitchen. We want to do things that are quick and easy for us with low stress."

Here are tips:

- Put simple-to-eat items on the menu that you can prepare ahead. For example, gourmet sandwiches and a salad that travels well. Drinks, snacks and that's all you need.
- Have appropriate containers for food. "A good soft cooler is key," says Magwood, "so you're not having to lug around a big heavy cooler."
- Think refreshing finger food when you plan snacks. For example, cut up cucumber and celery and bring a store-bought or homemade dip. And everyone loves cut-up watermelon.
- Keep any perishable foods cold or below 4 C, recommends the Canadian Food Inspection Agency. If possible, refrigerate or freeze food the day before you pack it.
- Pack lemonade crystals and mix them with water in a thermos when you get to where you're going.
- Instead of carrying pop-up chairs, just bring a few blankets. "I use one for sitting on," says Magwood, "and the other for a ground buffet."

BRANDON BARRÉ PHOTO

▶ Trish Magwood

MOVE

A picnic is all about food ... and activities the whole group can enjoy, says Murray Seward, president of Vancouver-based Canadian Outback Adventures and Events, which organizes summer picnics for companies. It's all about bringing the kid out in everyone, says Seward. Be sure to plan a game of baseball, catch, or old-style sack races. Or consider something different such as Jenga, chess with an inflatable chess board, or create your own obstacle course with stations equipped with water pistols and other fun toys.

Picnic Chicken Salad

Magwood says this salad was always a summer lunch entertaining favourite — make-ahead, delicious and all-in-one easy to serve. Serves 8.

Ingredients:

- 1 large round loaf of bread (such as a boule or Calabrese loaf)
- ½ cup (75 mL) mayonnaise
- ½ tsp (2 mL) curry powder
- ¼ tsp (1 mL) paprika
- 3 cups (750 mL) cubed cooked chicken (about 3 breasts)
- 1 cup (250 mL) green grapes, halved
- ½ cup (125 mL) chopped celery
- ½ cup (125 mL) sliced almonds, toasted
- ¼ cup (60 mL) thinly sliced green onions
- 1 sweet red pepper, diced
- Salt and black pepper
- Romaine lettuce

BRANDON BARRÉ PHOTO

Preparation:

1 Slice off the top 2 inches (5 cm) of the loaf in one big piece and set aside. Hollow out the bread, leaving a shell ½-inch (1 cm) thick.

2 In a medium bowl, stir together mayonnaise, curry powder and paprika. Stir in chicken, grapes, celery, almonds, green onion, red pepper, and salt and black pepper to taste.

3 Line the bread bowl with lettuce leaves. Spoon chicken mixture into the bread. Replace the bread top. Wrap tightly in plastic wrap and refrigerate until picnic time. (You can make the chicken salad the day before, and you can fill the bread half a day in advance.)

4 To serve, using a bread knife, slice the boule into wedges into ready-made sandwiches.

Excerpt from: In My Mother's Kitchen by Trish Magwood. Published in Canada by HarperCollins Publishers Ltd. Copyright 2011 by Trish Magwood. All rights reserved.

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Last-minute has its advantages

JO CALVERT
FOR METRO

Now that daylight hours are shorter and August is almost upon us, even the happiest of homebodies may find the backyard is getting boring and a staycation just won't satisfy.

Luckily, last-minute planning is easier than ever — and even has some advantages.

You will be able to access tours, travel and accommodations at discounted rates, you may know what the weather is likely to be, and how easily you can step away from your current workload.

The "mini" part is also good — you will have less to pack, you won't need to ask someone to water the plants and collect the mail, and you're more likely to leave your cellphone and laptop behind for a work-free time out.

ISTOCKPHOTO/THINKSTOCK

▶ Camping with children is an affordable last-minute vacation option.

Start planning

Determine a budget and decide if you want a relaxing retreat for one, a romantic trip for two, or a family holiday — including the dog — to relax and reconnect.

Do you want to chill out with a book at the beach? Explore a city? Cottage or camp with the children?

Or is everyone eager for a new challenge?

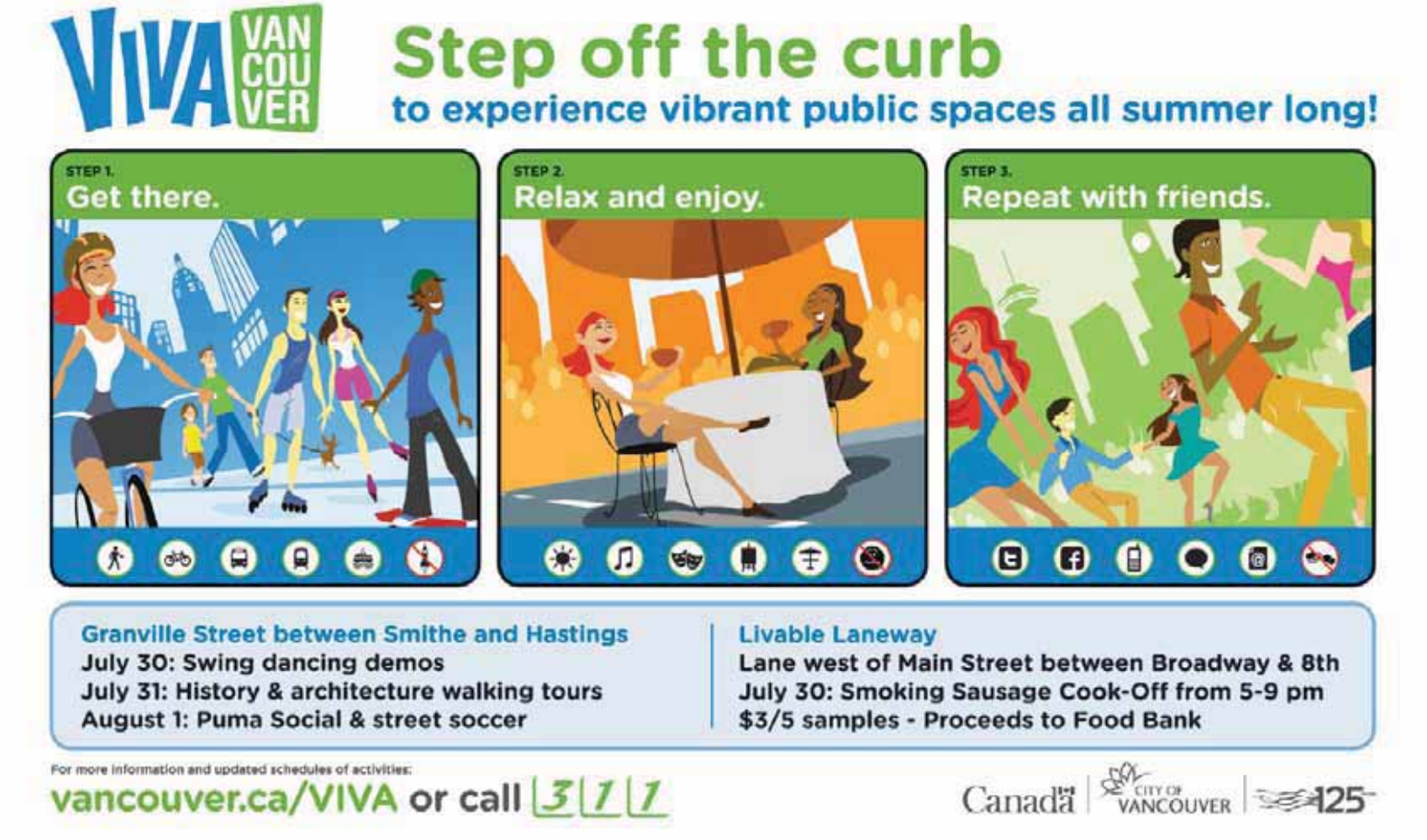
Surf online

- Adventure tours: backroads.com/ (search "Canada") or trafalgar.com
- Air travel: aircanadavacations.com, westjet.com (for both, select "Deals") or flyporter.com
- Car travel: caamagazine.ca/ (select "Travel")
- Cottage rentals: cottagesincanada.com or rentcottage-canada.com/
- Music festivals: exclaim.ca/festivals/
- National parks and heritage sites: pc.gc.ca/
- Trails: canadatrails.ca/ or check out the Trans Canada Trail at tctrail.ca/home.php
- Train travel: viarail.ca/en/deals/ (select "Packages" and find categories such as adventure, city tours, gay friendly, golf, and more)
- Travel agents: yellowpages.ca/business/01356100.html

Trends and tips

Shelly Monroe, owner of Sweet Escapes Travel in Halifax, shares some trends and tips:

- More people are taking three- or four-day breaks instead of traditional two-week vacations.
- Romantic spa getaways for couples are now offered by many inns and hotels.
- Family packages for adventure travel, such as rock climbing and rafting, are increasingly popular.
- Check out free festivals, then build fun family breaks around them.
- Ask about hotel discounts for CAA members, seniors, and employees of government, fire and police services. Check if kids stay free, if there is a complimentary breakfast or airport shuttle service, and if a third night is free after a two-night stay.
- Be flexible, your first choice may be sold out, but you can discover something new.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PHOTOS CONTRIBUTED

▶ The Overnight Bed from Andrew Richard Designs, $4,795. For more, go to andrewricharddesigns.com.

Create your own luxurious retreat

Now is good time for deals on outdoor furniture

YLVA VAN BUUREN
FOR METRO

When Elvia Picco and Rob McAllister of Kelowna, B.C., downsized a year ago to a condo unit with a small patio, they kept their outdoor furnishings simple. The couple "now have a simple wooden drop-leaf table and four wooden folding chairs, as well as two comfy gravity chair loungers."

It's all about making life easy, functional — and comfortable.

If you're in the market for outdoor furniture, now is a great time to check out the sales and possibly get a good deal on a patio set or add a piece or two to what you have.

While there is lots of cheap, cheerful — and indestructible — furnishings (think bright pink plastic Adirondack chairs and folding tables), Metro columnist and design expert Karl Lohnes says there's also a trend to create a luxurious retreat on the patio with furniture and furnishings.

Higher end furniture looks like it belongs in a luxurious spa or hotel, says Lohnes — big, round outdoor beds with pull-up canopy; and spa loungers with terry towel covered cushions.

While there's a return of real wood, including exotic woods from Thailand and Asia, and teak, the new outdoor colour palette revolves around neutrals and soft metal tones like gunmetal grey.

The whole idea is to create a getaway place ... and even if you're in a downtown core, it will feel like you're somewhere faraway and exotic like the south of France, says Lohnes.

▶ The tranquility Day Bed from Andrew Richard Designs, $4,795.

▶ The Silhouette Lounge Chair from Andrew Richard Designs, $3,995.

BUYING TIPS

Outdoor Patio Furniture Info, a helpful online blog, provides these tips when buying furniture.

- Consider how much space you have for your outdoor patio set — and choose the right size.
- Accessorize with weather-proof cushions, umbrella, outdoor fire pit and outdoor carpet.
- Keep climate and storage requirements in mind.

NOEL VASQUEZ/GETTY IMAGES

▶ Patrick Wilson, left, and Rivers Cuomo of Weezer will perform at the LIVE at Squamish music festival Aug. 20-21.

Stay busy this summer

B.C. Renaissance Festival
The B.C. Renaissance Festival returns this summer from July 30 to Aug. 1. There's something to see and do for all ages. Come for the day or visit all three days and immerse yourself in the 16th century. Live The Revelry. Thunderbird Show Park, 24550 72nd Ave, Langley.
www.bcrenfest.com

2011 Celebration of Light
Celebration of Light, Vancouver's famous annual International Fireworks Festival, returns July 30 to Aug. 6 with a new three-night format on Saturday, July 30, Wednesday, Aug. 3, and Aug. 6. Check out Facebook to connect with Celebration of Light at facebook.com/CelebrationOfLight.
vancouverfireworks.ca

MusicFest
The popular annual summer festival returns Aug. 5-14 with 40 live music performances and a line-up that includes some of Canada and the world's best classical, world music and jazz performers. Eight city venues will host music for 10 days over the multi-genre festival's run.
musicfestvancouver.ca

Abbotsford International Airshow
The Abbotsford International Airport will host the annual Abbotsford International Airshow Aug. 12-14. Take a stroll through the static displays and watch the military performances, warbird flights, heritage/legacy flights, and civilian aerobatics.
summerplay.ca

LIVE at Squamish
LIVE at Squamish returns for a second year Aug. 20-21 with a lineup boasting some of the best names in music. Artists include Weezer, Metric, Shad, John Butler Trio, Black Mountain, Girl Talk, Major Lazer, and more. The festival will be held at the Hendrickson Fields & Logger Sports Ground.
liveatsquamish.com

Powell Street walking tours
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jcnm.ca

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3. Eating ice cream
4. Travel abroad
5. Heading to the cottage/cabin/campsite
6. Barbecue everything in sight
7. Hitting the beach
8. Drinks on a patio
9. Catch a summer blockbuster
10. Relaxing picnics

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Metropolitan Panel

Blockbuster day for Jays

Toronto GM had been trying to pry Rasmus from Cards since last season

The first order of business for Toronto general manager Alex Anthopoulos when newly acquired outfielder Colby Rasmus joins the Blue Jays is to have his "elephant in the room" conversation.

Rasmus, the centrepiece in a pair of blockbuster deals Anthopoulos made with the Chicago White Sox and St. Louis yesterday, comes to Toronto with rumblings of a feud with the Cardinals coaching staff that sped up his departure.

Anthopoulos has long had his eye on Rasmus, a 24-year-old former first-round pick who was batting .246 this season with 14 doubles, six triples, 11 home runs and 40 RBIs. He says he's isn't fazed by the reports of Rasmus butting heads with St. Louis manager Tony La Russa.

"I always like to have the 'elephant in the room conversation,'" the Toronto GM said in a press conference prior to the Jays (52-52) 3-0 win at home against Baltimore (41-59) last night. "I had it with Brett (Lawrie), I had it with Yunel (Escobar), and I plan on having it with Colby.

"Let's talk about the past once. And once we have that conversation it's over, we don't talk about it again. We're going to start fresh."

The eight-player deal also brought utility player Mark Teahen and three relievers to Toronto. The Jays sent outfielder Corey Patterson, right-handed starter Edwin Jackson and relievers Marc Rzepczynski and Octavio Dotel to St. Louis. The Cardinals will also receive three players to be named later or cash considerations.

In exchange, Toronto added Rasmus and relievers Brian Tallet, Trever Miller and P.J. Walters.

Jackson had been acquired earlier in the day as part of a four-player deal with the White Sox. He and Teahan came from Chicago for long-serving Toronto reliever Jason Frasor and pitching prospect Zach Stewart. THE CANADIAN PRESS

DILIP VISHWANAT/GETTY IMAGES

▶ Toronto's new centre-fielder Colby Rasmus slides into home during a game with St. Louis earlier this month.

Frasor's farewell

The Jays bullpen has been shaken up dramatically, especially with the departure of Jason Frasor to the White Sox.

- The 33-year-old right-hander leaves as the franchise leader in games pitched.
- "Of all the places I could have gone, I can't believe it's Chicago," said Frasor, a native of the Chicago area. "It's going to be all right, I think. I'm really excited about meaningful August-September baseball."
- Frasor had an earned-run average of 2.98 in 44 games this season.

4 sports

Quoted

"Relationships broke down, and now he's not here, but you can't really focus on that. You've got to continue to move forward."

REDSKINS LINEBACKER LORENZO ALEXANDER ON DONOVAN MCNABB, WHOSE TIME IN WASHINGTON IS OVER AFTER ONLY A YEAR. THE MINNESOTA VIKINGS ACQUIRED THE VETERAN QUARTERBACK FROM THE REDSKINS LAST NIGHT IN EXCHANGE FOR A SIXTH-ROUND DRAFT PICK.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	64	38	.627	—
New York	61	41	.598	3
Tampa Bay	53	50	.515	11½
Toronto	52	52	.500	13
Baltimore	41	59	.410	22

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	55	49	.529	—
Cleveland	52	50	.510	2
Chicago	51	52	.495	3½
Minnesota	49	55	.471	6
Kansas City	43	61	.413	12

WEST DIVISION

	W	L	Pct	GB
Texas	59	46	.562	—
Los Angeles	57	48	.543	2
Oakland	47	57	.452	11½
Seattle	44	60	.423	14½

Last night's results
L.A. Angels 3 Cleveland 1
Seattle 9 N.Y. Yankees 2
Chicago White Sox 2 Detroit 1
Toronto 3 Baltimore 0
Boston 12 Kansas City 5
Minnesota 7 Texas 2
Oakland 13, Tampa Bay 4
Tuesday's results
L.A. Angels 2, Cleveland 1
N.Y. Yankees 4, Seattle 1
Baltimore 12, Toronto 4
Boston 13, Kansas City 9
Minnesota 9, Texas 8
Detroit 5, Chicago White Sox 4
Oakland 6, Tampa Bay 1
Today's games
L.A. Angels (Pineiro 5-5) at Detroit (Penny 7-7), 1:05 p.m.
Kansas City (Hochevar 6-8) at Boston (Beckett 9-3), 1:35 p.m.
Tampa Bay (W.Davis 7-7) at Oakland (Harden 2-1), 3:35 p.m.
Baltimore (Bergesen 2-6) at Toronto (C.Villanueva 5-2), 7:07 p.m.
Minnesota (S.Baker 8-5) at Texas (M.Harrison 8-7), 8:05 p.m.
Tomorrow's games
Baltimore at N.Y. Yankees, 7:05 p.m.
Kansas City at Cleveland, 7:05 p.m.
L.A. Angels at Detroit, 7:05 p.m.
Texas at Toronto, 7:07 p.m.
Boston at Chicago White Sox, 8:10 p.m.
Minnesota at Oakland, 10:05 p.m.
Tampa Bay at Seattle, 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez, Bos	100	411	73	143	.348
MiYoung, Tex	102	407	52	135	.332
Bautista, Tor	92	322	76	106	.329
Kotchman, TB	87	293	25	96	.328
JhPeralta, Det	93	335	45	108	.322
Ellsbury, Bos	100	411	75	132	.321
VMartinez, Det	88	325	44	104	.320
MiCabrera, Det	103	357	70	113	.317
Konerko, ChW	99	361	49	112	.310
YEscobar, Tor	94	361	56	111	.307

HOME RUNS — Bautista, Toronto, 31; Granderson, New York, 28; Teixeira, New York, 28; Konerko, Chicago, 24; NCruz, Texas, 22; MiCabrera, Detroit, 21; MarReynolds, Baltimore, 21.
PITCHING — Sabathia, New York, 15-5; Weaver, Los Angeles, 14-4; Verlander, Detroit, 14-5; Tomlin, Cleveland, 11-5; Scherzer, Detroit, 11-5; 7 tied at 10.
STRIKEOUTS — Verlander, Detroit, 169; Sabathia, New York, 156; Shields, Tampa Bay, 151; FHernandez, Seattle, 148; Price, Tampa Bay, 141; CWilson, Texas, 135; Weaver, Los Angeles, 134.
Not including yesterday's games

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	65	38	.631	—
Atlanta	61	44	.581	5
New York	53	51	.510	12½
Florida	51	53	.490	14½
Washington	49	54	.476	16

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	56	49	.533	—
St. Louis	55	49	.529	½
Pittsburgh	53	49	.520	1½
Cincinnati	50	54	.481	5½
Chicago	42	62	.404	13½
Houston	34	70	.327	21½

WEST DIVISION

	W	L	Pct	GB
San Francisco	60	44	.577	—
Arizona	57	47	.548	3
Colorado	48	56	.462	12
Los Angeles	47	56	.456	12½
San Diego	45	60	.429	15½

Last night's results
Atlanta 2 Pittsburgh 1 (10 innings)
Florida 7 Washington 5
Houston 4 St. Louis 2
Milwaukee 2 Chicago Cubs 0
N.Y. Mets 8 Cincinnati 2
San Francisco 2 Philadelphia 1
Arizona 4 San Diego 3
Colorado at L.A. Dodgers
Tuesday's results
Florida 11, Washington 2
Philadelphia 7, San Francisco 2
N.Y. Mets 8, Cincinnati 6
Atlanta 4, Pittsburgh 3, 19 innings
Milwaukee 3, Chicago Cubs 2
St. Louis 3, Houston 1
Arizona 6, San Diego 1
L.A. Dodgers 3, Colorado 2
Tonight's games
Florida (Undecided) at Washington (Lannan 7-6), 12:35 p.m.
N.Y. Mets (Capuano 8-10) at Cincinnati (H.Bailey 5-4), 12:35 p.m.
Chicago Cubs (R.Wells 2-3) at Milwaukee (Marcum 9-3), 2:10 p.m.
Arizona (D.Hudson 10-6) at San Diego (Latos 5-10), 3:35 p.m.
San Francisco (Undecided) at Philadelphia (K.Kendrick 5-4), 7:05 p.m.
Pittsburgh (Correia 11-8) at Atlanta (D.Lowe 6-8), 7:10 p.m.
Houston (W.Rodriguez 6-7) at St. Louis (J.Garcia 10-4), 8:15 p.m.
Tomorrow's games
N.Y. Mets at Washington, 7:05 p.m.
Pittsburgh at Philadelphia, 7:05 p.m.
San Francisco at Cincinnati, 7:10 p.m.
Florida at Atlanta, 7:35 p.m.
Houston at Milwaukee, 8:10 p.m.
Chicago Cubs at St. Louis, 8:15 p.m.
Colorado at San Diego, 10:05 p.m.
Arizona at L.A. Dodgers, 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes, NYM	88	390	75	135	.346
Braun, Mil	93	340	63	111	.326
Votto, Cin	102	377	62	119	.316
Helton, Col	92	308	44	97	.315
DanMurphy, NYM	99	355	42	111	.313
Morse, Was	91	311	44	97	.312
Holliday, StL	77	274	50	85	.310
Kemp, LAD	103	371	62	115	.310
Pence, Hou	97	393	48	121	.308
McCann, Atl	91	333	43	102	.306

Not including last night's games

BLUE JAYS 3, ORIOLES 0

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	0	0	YEscor ss	4	1	2	0
Markks rf	3	0	0	0	EThms rf	4	0	2	1
AdJons cf	4	0	2	0	Bautist 3b	4	0	1	1
Guerrr dh	4	0	0	0	Lind 1b	3	0	1	0
J.Bell pr	0	0	0	0	Encrnc dh	4	0	1	0
D.Lee 1b	2	0	1	0	Snider lf	4	0	0	0
Wieters c	4	0	1	0	A.Hill 2b	4	0	1	0
MrRynl 3b	4	0	0	0	RDavis cf	3	1	1	0
Pie lf	2	0	0	0	Arencii c	4	1	1	1
BDavis 2b	3	0	0	0					
Totals	**30**	**0**	**4**	**0**	**Totals**	**34**	**3**	**10**	**3**
Baltimore					000 000 000			**0**	
Toronto					110 100 00x			**3**	

DP—Toronto 2. LOB—Baltimore 7, Toronto 10. 2B—Ad.Jones (18), Encarnacion (24). HR—Arencibia (16). SB—R.Davis 2 (31).

	IP	H	R	ER	BB	SO
Baltimore						
Simon L,2-4	5	7	3	3	2	7
Jakubauskas	1	2	0	0	1	2
Patton	1	1	0	0	0	2
Gregg	1	0	0	0	0	2
Toronto						
R.Romero W,8-9	8 1-3	4	0	0	3	9
Rauch S,8-12	2-3	0	0	0	0	0

HBP—by R.Romero (D.Lee). WP—Jakubauskas, R.Romero.
Umpires—Home, Bruce Dreckman; First, Alan Porter; Second, Rob Drake; Third, Gary Darling.
T—2:46. A—16,861 (49,260).

BLUE JAYS LEADERS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	322	76	106	31	70	.329
Molina	112	14	35	2	9	.313
Escobar	361	56	111	9	38	.307
Thames	147	26	44	4	19	.299
Lind	307	43	89	19	59	.290
Encarnacion	288	38	75	7	25	.260
Patterson	317	44	80	6	33	.252
Davis	294	40	70	1	27	.238
McCoy	77	11	18	1	5	.234
Snider	163	18	38	3	30	.233
Hill	327	32	75	5	38	.229
McDonald	142	17	31	2	16	.218
Arencibia	277	32	59	15	42	.213

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Rzepczynski	2	3	0	39.1	33	2.97
Frasor	2	1	0	42.1	37	2.98
Janssen	3	0	1	30.0	28	3.00
Romero	7	9	0	134.2	117	3.27
Villanueva	5	2	0	90.0	61	3.40
Dotel	2	1	1	29.1	30	3.68
Rauch	4	3	7	41.2	29	3.89
Cecil	3	4	0	57.1	42	4.71
Morrow	7	5	0	105.0	122	4.71
Francisco	1	4	10	29.2	35	5.16
Camp	1	1	1	44.2	20	5.24
Ledezma	0	0	0	2.0	2	9.00

Not including last night's game

CALENDAR

July 31 — Last day to trade a player without securing waivers.
Aug. 15 — Last day to sign selections from 2011 amateur draft who have not exhausted college eligibility.
Aug. 17-18 — Owners' meetings, Cooperstown, N.Y.
Sept. 1 — Active rosters expand to 40 players.
Sept. 30 or Oct. 1 — Playoffs begin.
Oct. 19 — World Series begins, city of NL champion.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	74	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	4	4	0	0	127	74	8
Calgary	4	2	2	0	95	99	4
Saskatchewan	4	1	3	0	83	138	2
B.C.	4	0	4	0	106	136	0

WEEK FOUR
Sunday's result
Saskatchewan 27 Montreal 24
WEEK FIVE
Tonight's game
All times Eastern
B.C. at Winnipeg, 8 p.m.
Tomorrow's games
Montreal at Hamilton, 6:30 p.m.
Toronto at Edmonton, 9:30 p.m.
Saturday's game
Calgary at Saskatchewan, 9:30 p.m.
WEEK SIX
Thursday, Aug. 4
Montreal at Toronto, 7:30 p.m.
Friday, Aug. 5
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday, Aug. 6
Hamilton at Calgary, 9:30 p.m.

SOCCER

MLS

All times Eastern

ALL-STAR GAME

At Harrison, N.J.
Last night's result
Manchester U. (Eng.) 4 MLS All-stars 0

UEFA

CHAMPIONS LEAGUE

Yesterday's results
Odense (Denmark) 1 Panathinaikos (Greece) 1
Standard Liege (Belgium) 1 Zurich (Switzerland) 1
Benfica (Portugal) 2 Trabzonspor (Turkey) 0
Viktoria Plzen (Czech Republic) 1 Rosenborg (Norway) 0
Champions Route
Dinamo Zagreb (Croatia) 2 HJK Helsinki (Finland) 1
Copenhagen (Denmark) 1 Shamrock Rovers (Ireland) 0
Maccabi Haifa (Israel) 2 Maribor (Slovenia) 1

CONCACAF

CHAMPIONS LEAGUE

Yesterday's results
Toronto 2 Real Esteli (Nicaragua) 1
Isidro Metapan (El Salvador) 2 Puerto Rico Islanders 0
Santos Laguna (Mexico) 3 Olimpia (Honduras) 1

ACTIVITY

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX — Recalled OF Alejandro De Aza from Charlotte (IL). Optioned RHP Zach Stewart to Charlotte.
TORONTO BLUE JAYS — Agreed to terms with RHP Jeremy Gabryszwski, SS Andy Burns, SS Peter Mooney and SS Justin Atkinson. Traded RHP Jason Frasor and RHP Zach Stewart to the Chicago White Sox for RHP Edwin Jackson and INF Mark Teahen. Traded Jackson, RHP Octavio Dotel, LHP Marc Rzepczynski, OF Corey Patterson and three players to be named or cash to St. Louis for OF Colby Rasmus, LHP Brian Tallet, LHP Trever Miller and RHP P.J. Walters.

NATIONAL LEAGUE

ATLANTA BRAVES — Placed OF Jordan Schafer and C Brian McCann on the 15-day DL. Recalled C J.C. Boscan and OF Wilkin Ramirez from Gwinnett (IL).
COLORADO ROCKIES — Recalled INF Chris Nelson from Colorado Springs (PCL).
MILWAUKEE BREWERS — Traded C Wil Nieves to Atlanta for cash.
NEW YORK METS — Agreed to terms with RHP Michael Fulmer and RHP John Gant.
PITTSBURGH PIRATES — Placed IN F Chase d'Arnaud on the 15-day DL. Recalled RHP Chris Leroux from Indianapolis (IL).
WASHINGTON NATIONALS — Designated OF/1B Matt Stairs for assignment.

FOOTBALL

NFL

BUFFALO BILLS — Agreed to terms with QB Tyler Thigpen.
CAROLINA PANTHERS — Agreed to terms with DT Ron Edwards.
CINCINNATI BENGALS — Agreed to terms with QB Bruce Gradkowski.
DENVER BRONCOS — Signed CB Brandon Bing, DT Ronnell Brown, WR Mark Dell, LB Derek Domino, RB Mario Fannin, WR D'Andre Goodwin, T Adam Grant, WR Jamel Hamler, CB Chris Harris, LB A.J. Jones, LB Deron Mayo, T Curt Porter, CB James Rogers, FB Austin Sylvester, QB Adam Weber, DT Colby Whitlock and WR Marshall Williams.
HOUSTON TEXANS — Agreed to terms with WR Jacoby Jones and OT Rashad Butler.
JACKSONVILLE JAGUARS — Agreed to terms with LB Paul Posluszny on a six-year contract.
KANSAS CITY CHIEFS — Signed DL Brandon Bair, TE Charlie Gantt, OL Chris Harr, OL Mike Ingersoll, LB Amara Kamara, OL Butch Lewis, OL David Mims, DL Lucas Patterson, WR Josue Paul and DB Demond Washington.
MINNESOTA VIKINGS — Signed G Rod Huntley, FB/TE Allen Reisner, CB Marcell Gipson, DE David Akinniyi, G Byron Isom, WR Andre Holmes, CB Devon Torrence, S Ryan Hill, G Conan Amituanai, RB/FB Matt Asiata, S Chris Adingupu, WR Dominique Johnson, LB Larry Dean and PK Nathan Whitaker.
NEW YORK GIANTS — Signed coach Tom Coughlin to a contract extension the the 2012 season.
SAN DIEGO CHARGERS — Agreed to terms with CB Eric Weddle.
SAN FRANCISCO 49ERS — Signed FB Bruce Miller and Daniel Kilgore to four-year contracts and C Chase Beeler, WR Tyler Beiler, OL Donovan Edwards, T Derek Hall, WR Joe Hastings, WR Chris Hogan, RB Jeremiah Masoli, TE Konrad Reuland, LB Kenny Rowe, NT Sealver Siliga, DB Anthony West, T Kenny Wiggins, NT Ian Williams, WR Dontavia Bogan, DE Brian Bulcke, DE Demarcus Dobbs, CB Corey Nelms and RB Seth Smith.
TAMPA BAY BUCCANEERS — Signed RB Armando Allen Jr., C Matt Allen, T Quintin Borders, T Cory Brandon, QB Mike Coughlin, LS Aaron Feld, LB Brandon Heath, S Devin Holland, K Josh Jasper, WR Detron Lewis, RB Mossis Madu, LB Nick Reveiz, WR Jock Sanders, LB Derrell Smith, WR Raymond Webber and LS Christian Yount.
WASHINGTON REDSKINS — Traded DE Jeremy Jarmon to Denver for WR Jabar Gaffney.

HOCKEY

NHL

DETROIT RED WINGS — Re-signed RW Francis Pare to a two-year contract.
NEW YORK RANGERS — Agreed to terms with F Ryan Callahan.
PHOENIX COYOTES — Signed G Justin Pogge to a one-year contract.

TENNIS

WTA-BANK OF THE WEST CLASSIC

At Stanford, Calif
Yesterday's results
Singles — Second Round
Marion Bartoli (3), France, def. Rebecca Marino, Vancouver, 6-4, 6-3.
Dominika Cibulkova (8), Slovakia, def. Christina McHale, U.S., 6-4, 2-6, 6-3.

ATP-STUDENA CROATIA OPEN

At Umag, Croatia
Yesterday's results
Singles — Second Round
Alexandr Dolgopolov (2), Ukraine, def. Filippo Volandri, Italy, 6-1, 6-2.
Juan Carlos Ferrero, Spain, def. Ivan Ljubicic (3), Croatia, 1-6, 6-3, 6-4.
Carlos Berlocq, Argentina, def. Tommy Robredo (5), Spain, walkover.
Albert Ramos, Spain, def. Gianluca Naso, Italy, 6-1, 6-3.

ATP-CREDIT AGRICOLE SUISSE OPEN GSTAAD

At Gstaad, Switzerland
Singles — First Round
First Round
Matthias Bachinger, Germany, def. Pablo Andujar (7), Spain, 6-1, 6-4.
Second Round
Mikhail Youzhny (3), Russia, def. Denis Istomin, Uzbekistan, 6-3, 6-2.
Marcel Granollers (8), Spain, leads Igor Andreev, Russia, 6-1, 4-3, susp., rain.
Santiago Giraldo, Colombia, leads Andreas Haider-Maurer, Austria, 6-3, 2-2 (0-1), susp., rain.

ATP-FARMERS CLASSIC

At Los Angeles
Yesterday's results
Singles
Second Round
Ernests Gulbis, Latvia, def. Daniel Kosakowski, U.S., 6-2, 6-4.
Ryan Harrison, U.S., def. Michael Russell, U.S., 6-3, 6-4.

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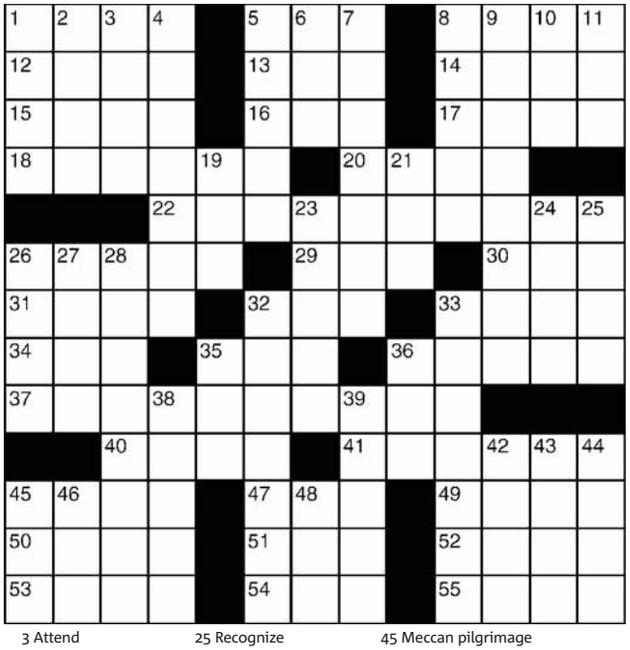
Crossword



Across

1 Long story
5 Pouch
8 Advantage
12 "— have believed it?"
13 Former Pan Am rival
14 Check
15 Greek vowel
16 Conger, for one
17 McNally partner
18 Nearsightedness
20 Blunder
22 Relax for a bit
26 Approach bedtime
29 Numerical prefix
30 Sister
31 Saharan
32 Bashful
33 No from the White House
34 Chaps
35 Will Smith biopic
36 Be philanthropic
37 What I'd've done "if I knew you were comin' "
40 Narrative writing
41 Computer whiz
45 Medal earner
47 Center
49 Marx or Malden
50 MasterCard alternative, for short
51 Schedule abbr.
52 B.P.O.E. members
53 Punch partner
54 Shaft of light
55 Medicinal amount

Down

1 Emulate Michael Phelps
2 "Hi, sailor!"
3 Attend
4 Made suitable
5 The turf in "surf and turf"
6 Shock and —
7 City in Alberta
8 See 20-Across
9 Wounded with sound
10 Martini ingredient
11 Conclusion
19 Author Fleming
21 Kyoto cummerbund
23 Body of principles
24 Car
25 Recognize
26 Mary's follower
27 Neighborhood
28 Worked unskillfully (with)
32 Horror movie villain, often
33 Like some sweaters
35 Commotion
36 — out a living
38 Strong adhesive
39 Cornered
42 Head light?
43 Annoys
44 Otherwise
45 Meccan pilgrimage
46 Ostrich's cousin
48 Actress Hagen

▶ Yesterday's answer

Sudoku

	3		6		4		5	
		1	8		9	4		
7								9
		6		2		1		
3								6
		5		9		7		
6								4
		7	2		8	3		
	2		7		1		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	2	8	4	9	5	7	3	1
5	3	1	7	2	8	6	9	4
4	7	9	1	6	3	2	8	5
8	5	7	3	1	6	4	2	9
1	9	2	5	4	7	8	6	3
3	4	6	2	8	9	5	1	7
2	1	5	6	3	4	9	7	8
9	6	4	8	7	1	3	5	2
7	8	3	9	5	2	1	4	6

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

dear dear agni yew complimented mi todai. meye shining personality that brings gloree to your dai. there are such few peepole that understand mi 4 who i m. hour lives weel never be seperate. the hare can be fownd on my belli now. tape did not work but super glue did the trick. it is a constant presents. the tickle reminds me of you. forever my oneness. **BELOVED**

Lover Man, Geography really sucks. But no matter the distance and circumstances, my love for you will never die. Forever and ever. Promise <3 **LOVER GIRL**

My Kisser Boy, Love u when u KISSED me babes..it wasnt long time ago, beautiful experience - yr fingers have magic when they write :)) thank u.
KISS YOU WITH PASSION EVERY TIME

Today 22°/15° Sunny
Friday 21°/14° Variable
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TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Start thinking seriously about developing an artistic project on which you have made several false starts.

♉ Taurus April 21-May 21 Some people always seem to put their emotions before logic, and you will meet one such individual today.

♊ Gemini May 22-June 21 Try to remember that words can hurt as well as heal.

♋ Cancer June 22-July 22 There is no point in taking anything too seriously today. Instead focus on something that makes you smile.

♌ Leo July 23-Aug.23 You may want to start something new but there is no need to rush.

♍ Virgo Aug. 24- Sept. 22 What goes through your mind over the next few days will be the blueprint for your life in the months ahead.

♎ Libra Sept. 23-Oct. 23 Go where there is music playing and people laughing — it's where you'll feel most at home.

♏ Scorpio Oct. 24-Nov. 22 If you hesitate for even a minute, an opportunity could pass you by. Act quickly.

♐ Sagittarius Nov. 23-Dec. 21 You may not agree with a friend but don't let it come between you.

♑ Capricorn Dec. 22-Jan. 20 You've allowed yourself to get too attached to something of a material nature.

♒ Aquarius Jan. 21-Feb. 18 It will pay you to let loved ones know what you are up to today.

♓ Pisces Feb. 19-March 20. It may be tempting to try to get through your workload in one mad rush. You must resist that urge.

SALLY BROMPTON

Caption contest

PETR DAVID JOSEK/ THE ASSOCIATED PRESS

(NATACHA PISARENKO/ THE ASSOCIATED PRESS)

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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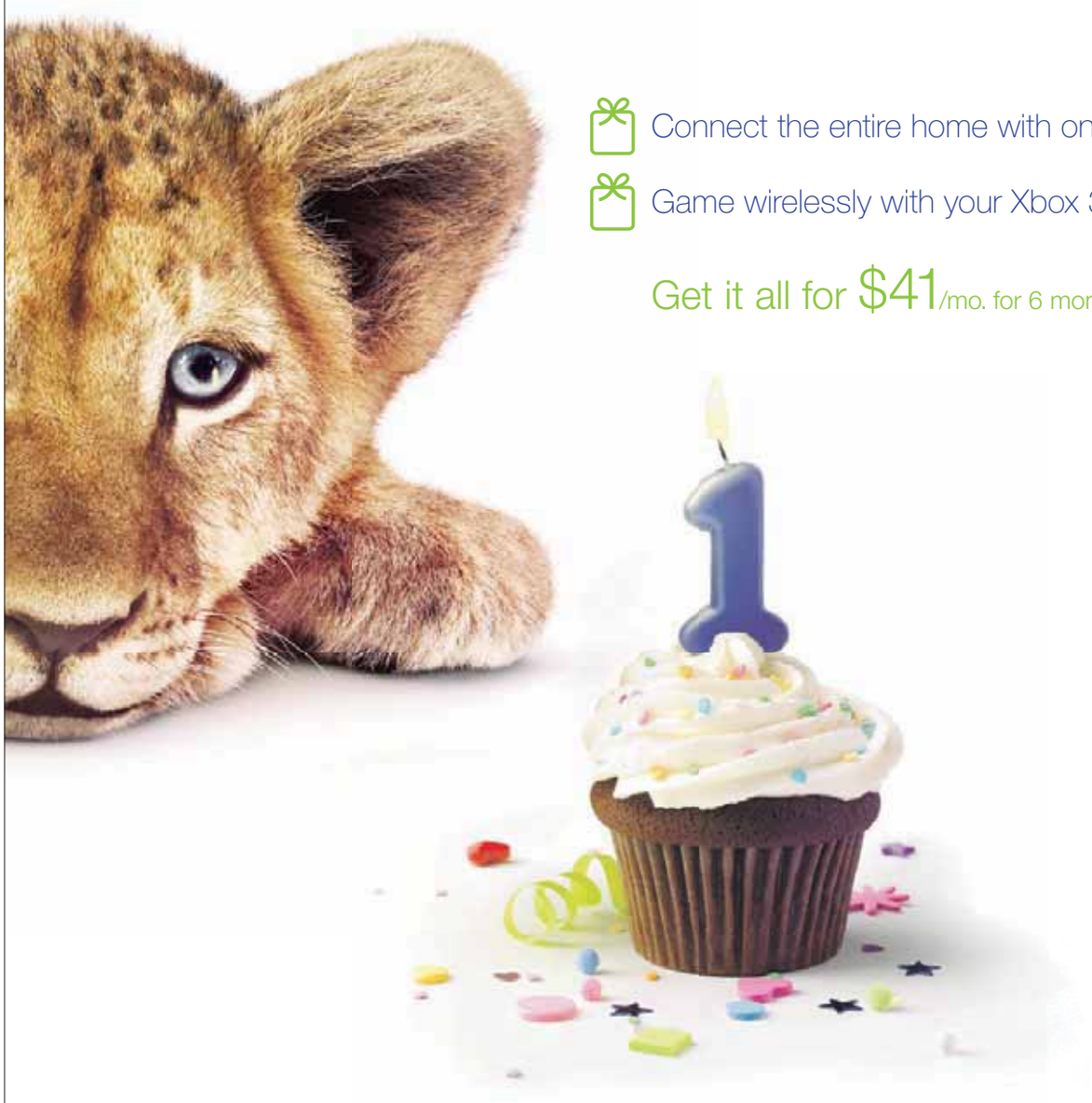

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950 West Broadway
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3490 Kingsway

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2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

Aldergrove
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Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

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Coquitlam
Coquitlam Centre
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3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
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1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
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19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

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Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
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Grandview Corners
Guildford Town Centre
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